

SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING OR PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

FORMULATED AND DISTRIBUTED BY:
Mercola Health Resources, LLC
3200 W. Higgins Road
Hoffman Estates, IL 60169 USA
(847) 252-4355

Formulation 202173 / 2169951



† Contains whole food nutrients.
†† Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

DR. MERCOLA®
PREMIUM SUPPLEMENTS

**WHOLE-FOOD[†]
MULTIVITAMIN
PLUS
VITAL MINERALS**

Dietary Supplement

240 Tablets

Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin A (from Beta-Carotene)	5,000 IU	100%
Vitamin C (as Niacinamide, Magnesium Ascorbate, Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	833%
Vitamin D (Vitamin D ₃) (as Cholecalciferol)	5,000 IU	1250%
Vitamin E (as D-Alpha-Tocopheryl Acetate with Mixed Tocopherols)	400 IU	1333%
Thiamine (Vitamin B ₁) (as Thiamine Pyrophosphate)	3 mg	200%
Riboflavin (Vitamin B ₂) (as Riboflavin-5'-Phosphate)	3.4 mg	200%
Niacin (Vitamin B ₃) (as Niacinamide Ascorbate)	40 mg	200%
Vitamin B ₆ (as Pyridoxal-5'-Phosphate)	4 mg	200%
Folate (Vitamin B ₉) (as Metafolin®), (from (6S)-5-Methyltetrahydrofolic Acid [Calcium Salt])††	400 mcg	100%
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	1667%
Biotin	900 mcg	300%
Pantothenic Acid (Vitamin B ₅) (as Calcium Pantothenate)	30 mg	300%
Calcium (from Calcium Citrate-Malate, Calcium Ascorbate)	250 mg	25%
Iodine (from Kelp)	200 mcg	133%
Magnesium (from Magnesium Amino Acid Chelate Complex, Magnesium Ascorbate)	500 mg	125%
Zinc (from Zinc Amino Acid Chelate)	15 mg	100%
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	286%
Copper (from Copper Amino Acid Chelate)	0.05 mg	3%
Manganese (from Manganese Amino Acid Chelate)	2 mg	100%
Chromium (from Chromium Amino Acid Chelate Complex)	200 mcg	167%
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	133%
Potassium (from Potassium Krebs Chelate, Amino Acid Chelate Complex)	99 mg	3%
Lutein (from Marigold Flower)	6 mg	**
Lycopene	6 mg	**
Zeaxanthin (from Marigold Flower)	1 mg	**
Inositol	100 mg	**
Trace Elements Complex (from Red Seaweed)	100 mcg	**
Strontium (from Strontium Citrate)	297 mcg	**

	Amount Per Serving	%DV
Silica	100 mg	**
Choline (from Choline Bitrate/Dihydrogen Citrate)	60 mg	**
PABA (Para-Aminobenzoic Acid)	50 mg	**
Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**
L-Cysteine/N-Acetyl Cysteine Complex	150 mg	**
Betaine (from Betaine Hydrochloride)	114 mg	**
Bromelain	50 mg	**
Glutamic Acid	20 mg	**
L-Methionine	12.5 mg	**
Rose Hips	100 mg	**
Lemon Bioflavonoids Complex	100 mg	**
Proanthocyanidin Blend (Grape Seed Extract/Pine Bark Extract)	50 mg	**
Hesperidin	35 mg	**
Rutin	25 mg	**
Dr. Mercola's Special Blend (Kale (Leaf), Spinach (Leaf, Stem), Carrot (Root), Radish (Root), Celery (Leaf, Stalk), Apricot (Fruit), Blackberry Powder (Fruit), Cranberry Powder (Fruit), Grape Skin Extract (Fruit))	692 mg	**
Blueberry (Fruit)	100 mg	**
Garlic (Bulb)	100 mg	**
Broccoli (Whole Plant)	100 mg	**
Cauliflower (Whole Plant)	100 mg	**
Spirulina	100 mg	**
Chlorella	100 mg	**
Papaya Extract (Papain)	100 mg	**
Green Tea Extract (Leaf)	50 mg	**
Barley Grass Powder (Leaf)	50 mg	**
Wheat Grass Powder (Leaf)	50 mg	**
Beet Extract (Root)	50 mg	**
Apple Pectin	50 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Cellulose, Hydroxypropyl Cellulose, Sodium Carboxymethyl Cellulose, Organic Rice Hull Concentrate, Silicon Dioxide, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).

CONTAINS WHEAT (WHEAT GRASS).