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250 tablets



USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 2500 I.U. (20% as Beta Carotene)	50%	Iodine 150 mcg	100%
Vitamin C 60 mg	100%	Magnesium 100 mg	25%
Vitamin D 400 I.U.	100%	Zinc 15 mg	100%
Vitamin E 30 I.U.	100%	Selenium 20 mcg	29%
Vitamin K 25 mcg	31%	Copper 2 mg	100%
Thiamin (Vit. B1) 1.5 mg	100%	Manganese 3.5 mg	175%
Riboflavin (Vit. B2) 1.7 mg	100%	Chromium 65 mcg	54%
Niacin 20 mg	100%	Molybdenum 160 mcg	213%
Vitamin B6 2 mg	100%	Chloride 72 mg	2%
Folic Acid 400 mcg	100%	Potassium 80 mg	2%
Vitamin B12 6 mcg	100%	Nickel 5 mcg	*
Biotin 30 mcg	10%	Tin 10 mcg	*
Pantothenic Acid 10 mg	100%	Silicon 2 mg	*
Calcium 162 mg	16%	Vanadium 10 mcg	*
Iron 18 mg	100%	Boron 150 mcg	*
Phosphorus 109 mg	11%	*Daily Value (DV) not established.	

INGREDIENTS: Dicalcium Phosphate, Potassium Chloride, Magnesium Oxide, Cellulose, Ascorbic Acid, Ferrous Fumarate, Calcium Carbonate, Gelatin, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Niacinamide, Zinc Oxide, Magnesium Stearate, Dextrin, Crospovidone, d-Calcium Pantothenate, Hypromellose, Manganese Sulfate, Polyethylene Glycol, Silicon Dioxide, Red 40 Lake, Maltodextrin, Cupric Sulfate, Corn Starch,

Dextrose, Pyridoxine Hydrochloride, Glucose, Titanium Dioxide, Riboflavin, Thiamine Mononitrate, Soy Lecithin, Sodium & Potassium Borates, Vitamin A Acetate, Acacia, Blue 2 Lake, Folic Acid, Sodium Molybdate, Chromium Chloride, Beta Carotene, Potassium Iodide, Sodium Selenate, Sodium Metavanadate, Phytonadione, Biotin, Nickelous Sulfate, Stannous Chloride, Tricalcium Phosphate, Ergocalciferol, Cyanocobalamin, Sodium Metasilicate.

Distributed by Albertsons, Inc.
Boise, Idaho 83726

Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Keep in a cool dry place, tightly closed.

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

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FRESHNESS AND POTENCY GUARANTEED THROUGH: