

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:
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876-v716



† 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		Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	15		Manganese (from Manganese Amino Acid Chelate)	2 mg	100%	Lemon Bioflavonoid Complex	100 mg	**
Total Carbohydrate	3 g	1%*	Chromium (from Chromium Amino Acid Chelate Complex)	200 mcg	167%	Proanthocyanidin Blend (Grape Seed Extract/Pine Bark Extract)	50 mg	**
Vitamin A (from Beta-Carotene)	5,000 IU	100%	Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	133%	Hesperidin	35 mg	**
Vitamin C (as Niacinamide, Magnesium Ascorbate, Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	833%	Potassium (from Potassium Krebs Chelate, Amino Acid Chelate Complex)	99 mg	3%	Rutin	25 mg	**
Vitamin D (Vitamin D3) (as Cholecalciferol)	5,000 IU	1250%				Dr. Mercola's Special Blend	692 mg	**
Vitamin E (as D-Alpha-Tocopheryl Acetate with Mixed Tocopherols)	400 IU	1333%	Lutein (from Marigold Flower)	6 mg	**	[Kale (Leaf), Spinach (Leaf, Stem), Carrot (Root), Radish (Root), Celery (Leaf, Stalk), Apricot (Fruit), Blackberry Powder (Fruit), Cranberry Powder (Fruit), Grape Skin Extract (Fruit)]		
Thiamine (Vitamin B1) (as Thiamine Pyrophosphate)	3 mg	200%	Lycopene	6 mg	**	Blueberry (Fruit)	100 mg	**
Riboflavin (Vitamin B2) (as Riboflavin-5'-Phosphate)	3.4 mg	200%	Zeaxanthin (from Marigold Flower)	1 mg	**	Garlic (Bulb)	100 mg	**
Niacin (Vitamin B3) (as Niacinamide Ascorbate)	40 mg	200%	Inositol	100 mg	**	Broccoli (Whole Plant)	100 mg	**
Vitamin B6 (as Pyridoxal-5'-Phosphate)	4 mg	200%	Trace Elements Complex (from Red Seaweed)	100 mcg	**	Cauliflower (Whole Plant)	100 mg	**
Folate (Vitamin B9) (as Metafolin®), (from (6S)-5-Methyltetrahydrofolic Acid [Calcium Salt])††	400 mcg	100%	Strontium (from Strontium Citrate)	297 mcg	**	Spirulina	100 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	1667%	Silica	100 mg	**	Chlorella	100 mg	**
Biotin	900 mcg	300%	Choline (from Choline Bitrate/ Dihydrogen Citrate)	60 mg	**	Papaya Extract (Papain)	100 mg	**
Pantothenic Acid (Vitamin B5) (as Calcium Pantothenate)	30 mg	300%	PABA (Para-Aminobenzoic Acid)	50 mg	**	Green Tea Extract (Leaf)	50 mg	**
Calcium (from Calcium Citrate-Malate, Calcium Ascorbate)	250 mg	25%	Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**	Barley Grass Powder (Leaf)	50 mg	**
Iodine (from Kelp)	200 mcg	133%	Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**	Wheat Grass Powder (Leaf)	50 mg	**
Magnesium (from Magnesium Amino Acid Chelate Complex, Magnesium Ascorbate)	500 mg	125%	L-Cysteine/N-Acetyl Cysteine Complex	150 mg	**	Beet Extract (Root)	50 mg	**
Zinc (from Zinc Amino Acid Chelate)	15 mg	100%	Betaine (from Betaine Hydrochloride)	114 mg	**	Apple Pectin	50 mg	**
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	286%	Bromelain	50 mg	**			
Copper (from Copper Amino Acid Chelate)	0.05 mg	3%	Glutamic Acid	20 mg	**			
			L-Methionine	12.5 mg	**			
			Rose Hips	100 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).