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## SPECTRUM 2C

WITHOUT IRON

Contains no sugar, salt, yeast, wheat, gluten, soy, dairy products,  
artificial colors, flavors or preservatives.

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◆ LZ196016.C02 B010183c



240 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 capsules

Servings per container 120

Amount per 2 capsules	%DV	Amount per 2 capsules	%DV
Vitamin A (as 60% beta carotene and as retinyl palmitate)	6,250 IU 125%	Magnesium (as magnesium oxide, malate, glycinate and citrate)	162 mg 41%
Vitamin C (ascorbic acid and as ascorbyl palmitate)	200 mg 333%	Zinc (as zinc bisglycinate chelate)	7.5 mg 50%
Vitamin D (as cholecalciferol)	25 IU 6%	Selenium (as sodium selenite)	43 mcg 61%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU 333%	Copper (as copper glycinate)	500 mcg 25%
Vitamin K (as phytonadione)	25 mcg 31%	Manganese (as manganese bisglycinate sulfate)	5 mg 250%
Thiamin (vitamin B1)	25 mg 1,667%	Molybdenum (as sodium molybdenum)	12 mcg 16%
Riboflavin (vitamin B2 and riboflavin-5'-phosphate)	15 mg 882%	Potassium (as potassium carbonate and citric acid)	15 mg <1%
Niacin (as niacinamide and niacin)	37 mg 185%	Citrus bioflavonoids complex	62 mg **
Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate)	37 mg 1,850%	Betaine HCl	16 mg **
Folic Acid	200 mcg 50%	L-Glutamic Acid HCl	16 mg **
Vitamin B12 (as cyanocobalamin)	25 mcg 417%	Choline (as choline bitartrate)	12 mg **
Biotin	50 mcg 17%	Inositol	12 mg **
Pantothenic Acid (as calcium D-pantothenate)	37 mg 370%	Rutin ( <i>Sophora japonica</i> bud extract)	12 mg **
Calcium (as calcium carbonate, citrate, bisglycinate, malate and hydroxyapatite)	212 mg 21%	Bromelain (2,400 G.D.U./g)	3.2 mg **
Iodine (as potassium iodide)	56 mcg 37%	Papain (48,000 P.U./mg)	1.2 mg **
		Boron (as boric acid/citric acid blend)	250 mcg **
		Vanadium (as vanadium citrate)	18 mcg **

\*\*Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

**Recommendation:** Take 2 capsules twice daily with meals, or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.