

DIETARY / SUPPLEMENT

Once Daily High Energy

MULTI-VITA-MIN™

180 VEGETARIAN CAPSULES



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take one vegetarian capsule daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

[illegible][illegible]

	Amount per Serving	% Daily Value*
Vitamin A (as Retinyl Palmitate and from Natural Beta Carotene)	200,000 IU	400%
Vitamin B-1 (as Thiamine Hydrochloride)	150 mg	250%
Vitamin B-2 (as Riboflavin)	400 µg	100%
Vitamin B-6 (as Pyridoxine HCl)	100 µg	333%
Vitamin C (as Ascorbic Acid)	1,000 mg	667%
Vitamin E (as Natural Source of Alpha Tocopherol Succinate)	10 mg	98%
Inositol (as Inositol Mesocetate) (B-1)	10 mg	250%
Biotin (B-7)	50 mg	100%
Niacin (as Nicotinamide) (B-3)	10 mg	500%
Vitamin B-12 (as Cyanocobalamin)	400 µg	100%
Folate (as Folic Acid)	25 mcg	417%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	3%
Biotin	25 mg	250%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	1%
Calcium (as Calcium Aspartate)*** Calcium Carbonate	1 g mg	10%
Iron (as Ferrous Fumarate)	22.5 mg	15%
Iodine (from Kelp)	5 mg	10%
Magnesium (as Magnesium Aspartate)*** Magnesium Oxide	1.5 mg	1%
Zinc (as Zinc Aspartate)****	1 mg	1%
Selenium (as Selenomethionine)	1 mcg	3%
Copper (as Copper Aspartate)****	0.05 mg	25%
Manganese (as Manganese Aspartate)****	0.5 mg	2%
Chromium (as Chromium Aspartate)****	2 mcg	<1%
Potassium (as Potassium Aspartate)****	5 mg	-
PABA (Para Aminobenzoic Acid)	25 mg	-
Inositol	20 mg	-
Choline Bitartrate	20 mg	-
Whole Food and Herb Base Rice Hour Whole Rice Concentrate (including bran, polishings and germ), Alfalfa (leaf), Watercress (leaf), Chamomile (flowering tops), Carrot Juice, Horsetail (aerial), Yellow Dock (root), Parsley (leaf), Dandelion (root), Kelp.	140 mg	-

^a Data Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Stearate, Silica and Lecithin (soy).

**Aspartate™ denotes Aspartate, Citrate, Orotate (milk).

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