

Doctor's Best Multi-Vitamin provides the full range of vitamins and minerals proven essential for human metabolism, excluding iron.* Clinical trials and other scientific studies strongly support the need to supplement the diet with these nutrients, to optimize health and to maintain long-term well-being.* This formulation is optimized to deliver the most nutritionally effective forms of these nutrients.*

Essential for health and well-being*
Carefully selected for best absorption*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for **Doctor's Best, Inc.**
 California, USA
 (800) 777-2474 www.drbbvitamins.com



YDRB300-3



**Dietary
 Supplement**

**Doctor's
 BEST®**

**Science-Based
 Nutrition™**

**Multi-
 Vitamin**

with  and  **Quatrefolic®**
 VITASHINE D3

OPTIMIZED VITAMIN-MINERAL COMPLEX*
IRON-FREE

90 Veggie Capsules 

Supplement Facts

Serving Size 3 veggie capsules

Servings per container 30 servings

Amount per serving % Daily Value			Amount per serving % Daily Value		
Vitamin A (as retinyl palmitate)	5000 IU	100%	Iodine (from potassium iodide)	75 mcg	50%
Vitamin C (as ascorbic acid)	300 mg	500%	Magnesium (from magnesium glycinate)	100 mg	25%
Vitamin D (as Vitashine D3, cholecalciferol)	1600 IU	400%	Zinc (from zinc citrate)	25 mg	167%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%	Selenium (from selenium glycinate)	105 mcg	150%
Vitamin K (as K2, menaquinone-7)	80 mcg	100%	Copper (from copper glycinate)	1 mg	50%
Vitamin B1 (as thiamin HCl)	60 mg	4000%	Manganese (from manganese glycinate)	4 mg	200%
Vitamin B2 (as riboflavin)	75 mg	4412%	Chromium (from chromium picolinate)	600 mcg	500%
Vitamin B3 (as niacin and niacinamide)	50 mg	250%	Molybdenum (from molybdenum glycinate)	75 mcg	100%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%	Potassium (from potassium citrate and iodide)	105 mg	3%
Folate (as methylfolate/Quatrefolic®)	400 mcg	100%	Gamma, beta, delta tocopherols (Vitamin E)	90 mg	†
Vitamin B12 (as methylcobalamin)	1000 mcg	16667%	Choline (as choline bitartrate)	100 mg	†
Biotin	600 mcg	200%	Boron (from boron glycinate)	3 mg	†
Pantothenic acid (as calcium pantothenate)	90 mg	900%	Silicon (from Horsetail Stem/Leaf extract, Equisetum arvense L.)	3 mg	†
Calcium (from calcium pantothenate, citrate, malate)	20 mg	2%	Lutein	3 mg	†
			Zeaxanthin	300 mcg	†

† Daily Value not established.

Other Ingredients: Vegetarian capsule (modified cellulose, titanium dioxide), microcrystalline cellulose, calcium laurate, silicon dioxide.

Suggested Adult Use: Take 3 capsules daily, after meals, or more as recommended by a nutritionally-informed physician.

Gluten Free / Vegan

Store in a cool dry place.

Quatrefolic® is a registered trademark of Gnosis SPA.

Vitashine is the only vegan Vitamin D3 registered with the Vegan Society.