Manufactured by: **Douglas Laboratories** 600 Boyce Road Pittsburgh, PA 15205 USA **www.douglaslabs.com** 1.800.245.4440

This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 6 tablets daily or as directed by your healthcare professional.

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. Due to the vitamin A dose, this product is not recommended for women who may become pregnant or are of child bearing age.

For optimal storage conditions, store in a cool, dry place. (59*-77*F/15*-25*C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #7998



Vita-Chel Plus[™]

A Dietary Supplement



225 Tablets

Supplement Facts

Serving Size 6 tablets • Servings Per Container 37

Vitamin C (Ascorbic Acid) 1,600 mg 2,667% Vitamin D-3 280 IU 1,333% Thiamine 80 mg 5,333% Riboflavin 8 mg 5,333% Nitamin B-6 (as Pyridoxine HCl) 100 mg 5,000% Vitamin B-6 (as Pyridoxine HCl) 100 mg 5,000% Folic Acid 160 mcg 6,667% Vitamin B-12 400 mcg 6,667% Biotin 40 mcg 2,000% Vitamin B-12 400 mcg 6,667% Biotin 200 mg 2,000% Calcium Pantothenate) 2alcium 200 mg Calcium Pantothenate) 2alcium 200 mg Calcium Chelate Complex) 200 40% Iron 4 mg 40 40 Magnesium 200 mg 50% Glicim (from Kelp) 60 mcg 50% Magnesium 200 mg 50% Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%	Amount Per Serving		%DV
Vitamin D-3. 280 IU 70% Vitamin E (as Vitamin E Acetate). 400 IU 1,333% Finiamine. 80 mg 5,333% Riboflavin. 8 mg 471% Vitamin B-6 (as Pyridoxine HCl). 100 mg 5,000% Folic Acid. 160 mcg 40% Vitamin B-12. 400 mcg 6,667% Biotin. 40 mcg 2,000% Pantothenic Acid. 200 mg 2,000% Calcium Pantothenate) 200 mg 20% Calcium Calcium Chelate Complex) 4 mg 22% ron. 4 mg 22% Valgnesium. 200 mg 50% Girn Magnesium Chelate Complex) 50% Zinc (from Zinc Chelate). 40 mg 267% Selenium. 100 mcg 143%	Vitamin A	20,000 IU	400%
Vitamin E (as Vitamin E Acetate)	Vitamin C (Ascorbic Acid)	1,600 mg	2,667%
Thiamine. 80 mg 5,333% Riboflavin. 8 mg 471% Niacin/Niacinamide. 40 mg 200% Vitamin B-6 (as Pyridoxine HCl). 100 mg 5,000% Folic Acid. 160 mcg 40% Vitamin B-12. 400 mcg 6,667% Biotin 40 mcg 2,000% Pantothenic Acid. 200 mg 2,000% (as Calcium Pantothenate) 200 mg 20% Cifrom Calcium Chelate Complex) 4 mg 20% Iron 4 mg 40% 40% Magnesium 200 mg 50% Circ (from Magnesium Chelate Complex) 20mg 267% Selenium 100 mcg 143%	Vitamin D-3	280 IÚ	70%
Riboflavin. 8 mg 471% Niacin/Niacinamide. 40 mg 200% Vitamin B-6 (as Pyridoxine HCl). 100 mg 5,000% Folic Acid. 160 mcg 40% Vitamin B-12. 400 mcg 6,667% Biotin. 40 mcg 2,000% Pantothenic Acid. 200 mg 2,000% Calcium Pantothenate) 200 mg 20% Calcium. 200 mg 20% (from Calcium Chelate Complex) 4 mg 22% ron. 4 mg 40% odine (from Kelp). 60 mcg 40% Magnesium. 200 mg 50% girc (from Jinc Chelate). 40 mg 267% Selenium. 100 mcg 143%	Vitamin E (as Vitamin E Acetate)	400 IU	1,333%
Niacin/Niacinamide	Thiamine	80 mg	5,333%
Vitamin B-6 (as Pyridoxine HCI) 100 mg 5,000% Folic Acid 160 mcg 40 mcg Vitamin B-12 400 mcg 6,667% Biotin 40 mcg 13% Pantothenic Acid 200 mg 2,000% (as Calcium Pantothenate) 200 mg 20% Calcium 200 mg 20% (from Calcium Chelate Complex) 60 mcg 40% vodine (from Kelp) 60 mcg 40% Magnesium 200 mg 50% (from Magnesium Chelate Complex) 267% Selenium 100 mcg 143%	Riboflavin	8 mg	471%
Folic Acid	Niacin/Niacinamide	40 mg	200%
Vitamin B-12. 400 mcg 6,667% Biotin 40 mcg 13% Pantothenic Acid 200 mg 2,000% Calcium Pantothenate) 200 mg 20% Calcium Chelate Complex) 4 mg 22% Iron 4 mg 22% Iron 60 mcg 40% Magnesium 200 mg 50% Iric (from Magnesium Chelate Complex) 21 Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%			5,000%
Biotin			40%
Pantothenic Acid 200 mg (as Calcium Pantothenate) Calcium 200 mg (from Calcium Chelate Complex) Iron 4 mg 22% Iron 60 mcg 40% Magnesium 200 mg 20% Iron 40 mg 50% Iron 40 mg 50% Iron 40 mg 50% Iron Magnesium Chelate Complex)	Vitamin B-12	400 mcg	6,667%
(as Calcium Pantothenate) 200 mg 20% Calcium 200 mg 20% (from Calcium Chelate Complex) 4 mg 22% odine (from Kelp) 60 mcg 40% Magnesium 200 mg 50% (from Magnesium Chelate Complex) Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%			13%
Calcium 200 mg 20% (from Calcium Chelate Complex) 4 mg 22% lodine (from Kelp) 60 mcg 40% Magnesium 200 mg 50% (from Magnesium Chelate Complex) 21cm 40 mg 267% Selenium 100 mcg 143%	Pantothenic Acid	200 mg	2,000%
(from Calcium Chelate Complex) 4 mg 22% iron			
22% 24%	Calcium	200 mg	20%
Iodine (from Kelp) 60 mcg 40% Magnesium 200 mg 50% (from Magnesium Chelate Complex) Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%	(from Calcium Chelate Complex)	
Magnesium 200 mg 50% (from Magnesium Chelate Complex) 220 mg 267% Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%	Iron	4 mg	22%
(from Magnesium Chelate Complex) 267% Zinc (from Zinc Chelate) 1100 mcg 143%	lodine (from Kelp)	60 mcg	40%
Zinc (from Zinc Chelate) 40 mg 267% Selenium 100 mcg 143%			50%
Selenium100 mcg 143%	(from Magnesium Chelate Comple	ex)	
	Zinc (from Zinc Chelate)	40 mg	267%
Copper (from Copper Chelate) 1.5 mg 75%	Selenium	100 mcg	143%
	Copper (from Copper Chelate)	1.5 mg	75%

Amount Per Serving		%DV
Manganese(from Manganese Sulfate)	8 mg	400%
Chromium	40 mcg	33%
Potassium		5%
(from Potassium Chelate)		
Choline	400 mg	*
(from Choline Bitartrate)		
L-Cysteine	300 mg	*
PABA	200 mg	*
(para-Aminobenzoic Acid)		
Rice Bran	160 mg	*
Methionine	80 mg	*
Lecithin (from soy)	80 mg	*
Inositol	60 mg	*
Citrus Pectin	40 mg	*
Adrenal	40 mg	*
Thymus	40 mg	*
Bromelain	40 mg	*
Garlic (bulb)	40 mg	*
Flax Powder	20 mg	*

*Daily Value not established

Other ingredients: Cellulose, EDTA and vegetable stearate.

