



# VITAWOR<sup>TM</sup> with Iron

A Low Allergenicity  
Dietary Supplement



**Douglas  
Laboratories<sup>®</sup>**

**180 Capsules**

## Supplement Facts

Serving Size 3 capsules • Servings Per Container 60

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (33% as Vitamin A Palmitate/ 67% [5000 IU] as Beta-Carotene)	7500 IU 150%	Copper (from Copper Amino Acid Chelate)	1 mg 50%
Vitamin C (Buffered)	375 mg 625%	Manganese (from Manganese Amino Acid Chelate)	7.5 mg 375%
Vitamin D-3 (as Cholecalciferol)	75 IU 19%	Chromium GTF (from Chromium Polynicotinate)	75 mcg 63%
Vitamin E (as d-alpha Tocopheryl)	100 IU 333%	Molybdenum (from Molybdenum Krebs†)	12.5 mcg 17%
Vitamin K (as Phytonadione)	250 mcg 313%	Potassium (from Potassium Amino Acid Complex)	35 mg <1%
Thiamine (as Thiamine HCl)	25 mg 1667%		
Riboflavin	12.5 mg 735%	PABA (para-Aminobenzoic Acid)	12.5 mg *
Niacin/Niacinamide	75 mg 375%	Choline (from 50 mg Choline Bitartrate)	23.5 mg *
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	37.5 mg 1875%	Inositol	50 mg *
Folic Acid	200 mcg 50%	Citrus Bioflavonoids	75 mg *
Vitamin B-12	50 mcg 833%	Rutin	7.5 mg *
Biotin	100 mcg 33%	Hesperidin	7.5 mg *
Pantothenic Acid (as Calcium Pantothenate)	100 mg 1000%	Boron	0.5 mg *
Calcium (from Calcium Ascorbate/Aspartate/Citrate Complex)	167.5 mg 17%	Vanadium (from Vanadium Krebs†)	12.5 mcg *
Iron (from Amino Acid Chelate)	7.5 mg 42%	Silica	150 mcg *
Iodine (from Kelp)	75 mcg 50%	Bromelain (from lower pineapple stems)	500 mcu *
Magnesium (from Magnesium Aspartate)	167.5 mg 42%		
Zinc (from Zinc Amino Acid Chelate and Zinc Picolinate)	12.5 mg 83%		
Selenium (from Selenium Krebs†)	75 mcg 107%		

\*Daily Value not established.

Other ingredients: Gelatin and vegetable stearate.

†Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

Manufactured by:  
**Douglas Laboratories**  
Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com)

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

### Suggested Usage:

As a dietary supplement, adults take 2 to 3 capsules twice daily with meals or as directed by physician.

### WARNING:

This product contains Vita-min K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this product if taking either of these drugs.

### KEEP OUT OF REACH OF CHILDREN.

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 #9425

