

Amount Per Serving	% Daily Value	
Manganese (from		
manganese carbonate, chelate™)	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	21%
Molybdenum (from sodium molybdate)	15 mcg	25%
Potassium (from potassium chloride, chelate™)	10 mg	<1%
Belaine HCl		
	25 mg	*
Bioflavonoid Complex (from		
lemons, limes, hesperidin)	100 mg	*
Choline (as choline bitartrate)	47 mg	*
Glutamic Acid HCl	25 mg	*
Inositol	100 mg	*
PNBA (as para-aminobenzoic acid)	30 mg	*
Rose Hips	5 mg	*

* Daily Value not established. **Amino acid chelate.

Other ingredients: Magnesium stearate (vegetable source), cellulose, glycine, protein hydrolysate (milk), silica, stearic acid (vegetable source).

SUGGESTED USE: Take two tablets daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, crustacean shellfish.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-8888

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 center immediately.

Prolonged Release MAXIMUM TWO

High Potency Vitamins &
Chelated Minerals

Two Tablets Per Day Multi

Dietary Supplement

60 TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (50% from beta-carotene 44% from fish liver oil)	10,000 IU	360%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D3 (from fish liver oil)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) ..	150 IU	500%
Thiamin (as thiamin HCl)	100 mg	9997%
Riboflavin	100 mg	9992%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	9999%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (from calcium carbonate, chelate**)	50 mg	6%
Iron (from ferrous fumarate chelate**)	18 mg	100%
Phosphorus (from calcium phosphate, chelate**)	30 mg	3%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide, chelate**)	40 mg	10%
Zinc (from zinc gluconate, oxide)	15 mg	100%
Selenium (from L-selenomethionine chelate**) 50 mcg		71%

KEEP OUT OF REACH OF CHILDREN

3048



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