



Multi Vitamin and Mineral

A Dietary Supplement



**Douglas
Laboratories®**

180 Capsules

Supplement Facts

Serving Size 6 capsules • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (29% as Vitamin A Palmitate/71% [24,850 IU] as Beta-Carotene)	35,000 IU 700%	Zinc (from Zinc Picolinate)	25 mg 167%
Vitamin C	600 mg 1,000%	Selenium (from Selenium Krebs†)	200 mcg 286%
Vitamin D-3	100 IU 25%	Copper (from Copper Aspartate/Citrate Complex)	2 mg 100%
Vitamin E (as d-alpha Tocopheryl)	400 IU 1,333%	Manganese (from Manganese Picolinate)	15 mg 750%
Thiamine (as Thiamine HCl)	60 mg 4,000%	Chromium (from Chromium Amino Acid Chelate)	200 mcg 167%
Riboflavin	60 mg 3,529%	Molybdenum (as Molybdenum Krebs†)	50 mcg 67%
Niacinamide	190 mg 950%	Potassium (from Potassium Aspartate Complex)	99 mg 2%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	50 mg 2,500%	Inositol	100 mg *
Folate	700 mcg 175%	Rutin	50 mg *
Vitamin B-12 (on Ion Exchange Resin)	74 mcg 1,233%	Bioflavonoids	50 mg *
Biotin	300 mcg 100%	Choline (from Choline Citrate/Bitartrate)	45 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	450 mg 4,500%	PABA (para-Aminobenzoic Acid)	45 mg *
Calcium (from Calcium Aspartate/Citrate Complex)	500 mg 50%	Hesperidin	25 mg *
Iron (from Iron Fumerate)	18 mg 100%	Trace Elements (from Sea Vegetation)	200 mcg *
Magnesium (from Magnesium Aspartate/Citrate Complex)	400 mg 100%		

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

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

Manufactured by:
Douglas Laboratories
Pittsburgh, PA 15205
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 1 to 6 capsules daily or as directed by physician. This product is best taken with meals.

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.

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 #80113

