



Multi-Vitmain and Mineral Without Iron

A Low Allergenic Dietary Supplement



**Douglas
Laboratories®**

180 Capsules

Supplement Facts

Serving Size 6 preservative-free "0" capsules • Servings Per Container 30

Amount Per Serving	%Daily Value
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Vitamin A	35,000 IU	700%
(29% as Vitamin A/ 71% [25,000 IU] as Beta-Carotene)		
Vitamin C	600 mg	1000%
Vitamin D-3	100 IU	25%
Vitamin E	400 IU	1333%
(as d-alpha Tocopheryl)		
Thiamine (Vitamin B-1)	60 mg	4000%
Riboflavin (Vitamin B-2)	60 mg	3529%
Niacin/Niacinamide	190 mg	950%
Vitamin B-6	50 mg	2500%
Folic Acid	700 mcg	175%
Vitamin B-12	74 mcg	1233%
Biotin	300 mcg	100%
Pantothenic Acid	450 mg	4500%
(as Calcium Pantothenate)		
Calcium	500 mg	50%
(from Calcium Aspartate/ Citrate Complex)		
Magnesium	400 mg	100%
(from Magnesium Aspartate/Citrate)		

Amount Per Serving	%Daily Value
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Zinc (from Zinc Picolinate)	25 mg	167%
Selenium	200 mcg	286%
Copper	2 mg	100%
(from Copper Aspartate/Citrate)		
Manganese	15 mg	750%
(from Manganese Picolinate)		
Chromium	200 mcg	167%
Molybdenum	50 mcg	67%
Potassium	99 mg	2%
(from Potassium Aspartate)		
Choline	45 mg	*
Inositol	100 mg	*
PABA	45 mg	*
(Para-Aminobenzoic Acid)		
Bioflavonoids	50 mg	*
Rutin	50 mg	*
Hesperidin	25 mg	*
Trace Elements	200 mcg	*
(from Sea Vegetation)		

*Daily Value not established.

Other ingredients: gelatin, cellulose and vegetable stearate.

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.

**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 #80127