

Adult Food-Based Multivitamins

Recommended Dosage: Take 1 tablet daily with a meal.

Cautions: If you are pregnant or lactating, consult a health care practitioner prior to taking this product.

Count: 30 tabs/bottle

Price: \$20 / bottle

Supplement Facts					
Serving Size: 1 Tablet					
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value		
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%		
Vitamin C (as magnesium ascorbate)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%		
Vitamin D (as cholecalciferol)	100 IU 25%	Chromium (as chromium chloride)	50mcg 42%		
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%		
Vitamin K (as phytonadione)	50mcg 63%	Potassium (as potassium chloride)	.05mg <1%		
Thiamin (as thiamine mononitrate)	10mg 667%	Vanadium (as vanadium amino acid chelate)	8mcg *		
Riboflavin	10mg 588%	Boron (as boron glycinate)	50mcg *		
Niacin (as niacinamide)	25mg 125%	Bioflavonoids (from lemon)	25mg *		
Vitamin B6 (as pyridoxine HCl)	10mg 500%	Rutin	10mg *		
Folic Acid	400mcg 100%	Choline (as choline bitartrate)	10mg *		
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Inositol	10mg *		
Biotin	300mcg 100%	Hesperidin	10mg *		
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	5mg *		
Calcium (as calcium citrate)	30mg 3%	Protease	1100HUT *		
Iron (as ferrous bisglycinate)	5mg 28%	Amylase	100DU *		
Iodine (from kelp)	100mcg 67%	Lipase	2LU *		
Magnesium (as magnesium oxide, magnesium ascorbate)	70mg 18%	Cellulase	2CU *		
Zinc (as zinc citrate)	5mg 33%	Proprietary Superfood Blend	475mg *		
Selenium (as selenomethionine)	25mcg 36%	[apple pectin, papaya juice (fruit), spirulina, chlorella, eleuthero (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf)]			

* Daily Value not established

Other ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.