

MULTI VITAMIN™

Medicinal ingredients

(per dose unit)

Vitamin A (palmitate) RAE	1500 IU
Vitamin D3 (Cholecalciferol)	400 IU
Vitamin E (dl-alpha-Tocopherol)	15 IU
Ascorbic acid (Vitamin C)	100 Mg
Vitamin B1 (Thiamine)	2.25 Mg
Vitamin B2 (Riboflavin 5'-phosphate)	3.2 Mg
Vitamin B3 (Niacin)	15 Mg
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Vitamin B6 (Pyridoxine hydrochloride)	5 Mg
Pantathenic Acid (Calcium D-pantothenate)	15 Mg
Folic acid	0.5 Mg
Vitamin B12	15 Mcg
L-Methionine	15 Mg
Choline (Choline bitartrate)	30 Mg
Inositol (Myo-inositol)	15 Mg
Calcium (Calcium carbonate)	150 Mg
Magnesium (Magnesium oxide)	75 Mg
Potassium (Potassium chloride)	40 Mg
Iron (Ferrous fumarate)	10 Mg
Zinc (Zinc citrate)	15 Mg
Manganese (Manganese citrate)	3 Mg
Copper (Cupric citrate)	1 Mg
Selenium (Sodium selenite)	25 Mcg
Chromium	30 Mcg
Vanadium (Vanadium citrate)	15 Mcg
Molybdenum (Sodium molybdate)	125 Mcg
Nickel (Nickel sulfate)	5 Mcg
Tin (Stannous chloride)	10 Mcg
Silicon (Silicon dioxide)	10 Mcg
PABA (Para-Aminobenzoic acid)	25 Mg
Bioflavonoids (Citrus aurantium)	25 Mg
Betaine hydrochloride	25 Mg
Rutin (Pentahydroxyflavone)	5 Mg
L-Glutamic acid (Glutamic acid)	15 Mg
Rose hip (Rosa canina - Fruit)	9 Mg
Iodine (from Kelp - Whole)	150 Mcg
Lutein esters (Tagetes erecta - Flower)	100 Mcg
Phosphorus (Calcium phosphate)	125 Mg

Non-Medicinal Ingredients:

Gelatin

Microcrystalline
Cellulose

Magnesium Stearate

Recommended Dose:

Adults:

3 Capsule(s)

Once per Day

Take with Food.

Take a few hours

before or after

other medications.