

Use: as a dietary supplement.

Therapeutic

Directions: Adults: take 1 caplet daily preferably with a meal.

Vitamin

Supplement Facts

Serving Size 1 Caplet

	Amount Per Caplet	% Daily Value
Vitamin A (as retinyl acetate and beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	60 IU	200%
Vitamin K (as phytonadione)	28 mcg	35%
Thiamine (Vitamin B-1) (as thiamine mononitrate)	3 mg	200%
Riboflavin (Vitamin B-2)	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	12 mcg	200%
Biotin (as d-biotin)	30 mcg	10%
Pantothenic acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	30 mg	3%
Iron (as ferrous fumarate)	9 mg	50%
Phosphorus (as dicalcium phosphate)	23 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenate)	70 mcg	100%
Copper (as copper oxide)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as chromium chloride)	50 mcg	42%
Molybdenum (as sodium molybdate)	75 mcg	100%
Chloride (as potassium chloride)	7 mg	<1%
Potassium (as potassium chloride)	7.5 mg	<1%
Boron (as sodium borate)	150 mcg	*
Tin (as tin chloride)	10 mcg	*
Vanadium (as sodium metavanadate)	10 mcg	*
Nickel (as nickel sulfate)	5 mcg	*
Silica (as silicon dioxide)	2 mg	*

*Daily Value not established.

Other ingredients: cellulose (plant origin), croscarmellose, gelatin, vegetable stearic acid, cellulose coating, mannitol, vegetable magnesium stearate, FD&C red #40 lake, maltodextrin, starch, titanium dioxide color, FD&C blue #2 lake. **Contains** fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) and soy ingredients.

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.

If pregnant or breast-feeding, ask a health professional before use. Do not use if you have Wilson's disease. Ask a doctor before use if you are taking any drugs or planning any medical procedure.

Store at room temperature. Protect from excessive heat and moisture.

Sealed for freshness.

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