

COMPVITES

Use: as a dietary supplement.

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

Supplement Facts

Serving Size 1 Caplet

	Amount Per Caplet	% Daily Value
Vitamin A (as retinyl acetate and beta carotene)	3,500 IU	70%
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Vitamin K (as phytonadione)	25 mcg	31%
Thiamine (Vitamin B-1) (as thiamine mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	2 mg	100%
Folic Acid	500 mcg	125%
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic acid (as calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate and dicalcium phosphate)	200 mg	20%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium phosphate)	109 mg	11%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc oxide)	11 mg	73%
Selenium (as sodium selenate)	55 mcg	79%
Copper (as cupric sulfate)	0.9 mg	45%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium picolinate)	35 mcg	29%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Tin (as stannous chloride)	10 mcg	*
Nickel (as nickelous sulfate)	5 mcg	*
Boron (as boric acid)	150 mcg	*
Vanadium (as sodium metavanadate)	10 mcg	*
Lutein	250 mcg	*
Lycopene	300 mcg	*
Silicon (as silicon dioxide)	2 mg	*

*Daily Value not established.

Other ingredients: stearic acid, croscarmellose sodium, gelatin, crospovidone, microcrystalline cellulose, hypromellose, dicalcium phosphate, magnesium stearate, titanium dioxide, corn starch, magnesium silicate, acacia, maltodextrin, sucrose, triacetin, mannitol, mineral oil, silica, polyvinylpyrrolidone, glucose, sodium ascorbate, tocopherols, FD&C yellow #6 lake, tricalcium phosphate, ascorbyl palmitate, BHT.

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.

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

Safety Sealed: do not use if the imprinted seal under the cap is broken or missing.

Distributed by: Weeks & Leo Co., Inc. Tel: (515) 276-1586

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