

SUPPLEMENT FACTS

Serving Size 2 softgels Servings per container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (Beta Carotene 30%) 10,000 IU	200%	Calcium (from Citrate, Pantothenate, Carbonate) 50 mg	5%
Vitamin C (Ascorbic Acid) 200 mg	333%	Iodine (from Kelp and Potassium) 0.152 mg	100%
Vitamin D (Cholecalciferol) 400 IU	25%	Total Magnesium (from Oxide and Aspartate) 25 mg	6%
Vitamin E (D-alpha-tocopherol) 100 IU	33%	Zinc (Zinc Picolinate) 10 mg	33%
Thiamine (Thiamine HCl) 25 mg	1,667%	Selenium (L-Selenomethionine) 0.1 mg	35%
Riboflavin (Riboflavin) 25 mg	1,470%	Copper (Copper Gluconate) 0.5 mg	25%
Niacin (Niacinamide/Nicotinamide) 25 mg	125%	Manganese (Manganese Gluconate) 3 mg	150%
Vitamin B6 (Pyridoxine HCl) 25 mg	1,250%	Chromium (Chromium Nicotinate) 0.1 mg	83%
Folic Acid (Folic Acid) 0.4 mg	100%	Molybdenum (Molybdenum Chelate) 0.1 mg	133%
Vitamin B12 (Cyanocobalamin) 0.1 mg	1,667%	Choline (Choline Bitartrate) 25 mg	*
Biotin 0.1 mg	30%	Potassium (from Aspartate and Citrate) 5 mg	0.1%
Pantothenic Acid (Calcium Pantothenate) 25 mg	250%	Inositol 25 mg	*

* Daily Value (DV) not established
Other Ingredients: Gelatin and Purified Water

Usage

Swallow one softgel with liquid twice each day.

For maximum absorption, take gelcaps with food at different times, such as one Multivitamin Essentials gelcap with breakfast and one with lunch or dinner.

Advisory

Follow usage instructions on product label.

Keep out of the reach of children.

Store in a cool location.

This product is not intended to diagnose, treat, cure or prevent any disease.

Anyone taking medication or diagnosed with a medical condition should consult their doctor before taking this product.

Research & References

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