

VI-MIN CAPS

Multiple Vitamins and Minerals
with ChromeMate® and OptiZinc™

Dietary Supplement

Supplement Facts Serving Size: 2 Capsules

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as palmitate)	10,000 iu 200%	Manganese**	10 mg 500%
Vitamin A (as beta carotene)	10,000 iu 200%	Copper**	2 mg 100%
Vitamin C (as ascorbic acid)	225 mg 375%	Iodine (norwegian Kelp)	225 mcg 150%
Vitamin C (as ascorbyl palmitate)	25 mg 42%	Selenium	25 mcg 36%
Vitamin D (as cholecalciferol)	400 iu 100%	(as L-selenomethionine)	
Vitamin E (as d-alpha)	150 iu 500%	Chromium (as polynicotinate)†	100 mcg 83%
Vitamin B-1 (as thiamine HCL)	50 mg 3,333%	Potassium (as citrate)	10 mg 0%
Vitamin B-2 (as riboflavin)	25 mg 1,470%	Choline (as bitartrate)	50 mg *
Niacinamide	100 mg 500%	Inositol (from rice)	50 mg *
Pantothenic Acid	100 mg 1,000%	Para amino benzoic acid	25 mg *
Vitamin B-6 (as pyridoxine HCL)	20 mg 1,000%	Lemon Bioflavonoid Complex	15 mg *
Vitamin B-6 (as pyridoxal 5 phosphate)	5 mg 250%	Citrus Hesperidin Complex	15 mg *
Vitamin B-12	200 mcg 3,333%	Quercetin	10 mg *
Biotin	300 mcg 100%	Betaine HCL	25 mg *
Folic Acid	600 mcg 150%	Bromelain	25 mg *
Calcium**	25 mg 3%	Papain	25 mg *
Magnesium**	15 mg 4%	L-Glutamine	25 mg *
Iron**	5 mg 28%		
Zinc (as zinc methionine)***	10 mg 67%		

Other Ingredients: Capsules (gelatin, glycerin, water), rice powder, silica, magnesium stearate, acerola, alfalfa, green cabbage, lecithin, parsley, rice bran, rose hips and watercress. Contains soy.

Contains No Added sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults: take two (2) capsules daily with meals, or as directed by a health care professional. Store in a cool, dry place, and away from direct light.

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.

*** From L-OptiZinc, a patented form of zinc.

† From CHROME-MATE, a patented form of chromium.

QUALITY AND POTENCY GUARANTEED.