

IRON-FREE VITA-MIN 75

Multiple Vitamins and
Chelated Minerals
Dietary Supplement

VEGETARIAN FORMULA

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10000 iu 200%	Zinc (as methionine)***	10 mg 67%
Vitamin C (as ascorbic acid)	250 mg 417%	Selenium (as L-selenomethionine)	35 mcg 50%
Vitamin D (as cholecalciferol)	400 iu 100%	Copper	1 mg 50%
Vitamin E (as d-alpha)	150 iu 500%	Manganese**	6.1 mg 305%
Vitamin B-1	75 mg 5,000%	Chromium (as polynicotinate)†	100 mcg 83%
Vitamin B-2 (as riboflavin)	75 mg 4,412%	Molybdenum	50 mcg 67%
Niacin (as niacinamide)	75 mg 375%	Potassium **	10 mg <1%
Vitamin B-6	75 mg 3,750%	Choline (as bitartrate)	30 mg *
Folic Acid	400 mcg 100%	Inositol	75 mg *
Vitamin B-12	75 mcg 1,250%	Para amino benzoic acid	75 mg *
Biotin	75 mcg 25%	Citrus bioflavonoids	25 mg *
Pantothenic Acid	75 mg 750%	Hesperidin complex	5 mg *
Calcium**	50 mg 5%	Betaine hydrochloride	25 mg *
Iodine (from kelp)	150 mcg 100%	Glutamic acid	25 mg *
Magnesium**	7.2 mg 2%	Rutin	25 mg *

* Daily value not established ** As amino acid chelate

Other Ingredients: Rice bran, alfalfa, parsley, watercress, natural vanilla, (May contain one or more of the following; magnesium stearate, cellulose, modified cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica and food glaze). 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 one (1) tablet daily, preferably with a meal or as directed by a health care professional. Store in a cool, dry place and away from direct light.

*** from L-OptiZinc, a unique, patented 1:1 complex of zinc and methionine, which increases zinc absorption.

† from CHROMEMATE[®], a unique, patented brand of niacin bound chromium (polynicotinate).

QUALITY AND POTENCY GUARANTEED.