**Directions:** Adults: Two tablets daily, with food.

### Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (10% as beta-carotene)</td>
<td>700 mcg</td>
<td>78%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>84 mg</td>
<td>93%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>25 mcg (1000 IU)</td>
<td>125%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>7.5 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>25 mcg</td>
<td>21%</td>
</tr>
<tr>
<td>Thiamin (B₁)</td>
<td>1.2 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Riboflavin (B₂)</td>
<td>1.3 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Niacin</td>
<td>16 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1.7 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Folate</td>
<td>665 mcg DFE</td>
<td>166%</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>6 mcg</td>
<td>250%</td>
</tr>
<tr>
<td>Biotin</td>
<td>30 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>5 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Calcium</td>
<td>400 mg</td>
<td>31%</td>
</tr>
<tr>
<td>Iron</td>
<td>18 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Iodine</td>
<td>150 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Zinc</td>
<td>8 mg</td>
<td>73%</td>
</tr>
<tr>
<td>Selenium</td>
<td>27.5 mcg</td>
<td>50%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.9 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Manganese</td>
<td>1.8 mg</td>
<td>78%</td>
</tr>
<tr>
<td>Chromium</td>
<td>25 mcg</td>
<td>71%</td>
</tr>
</tbody>
</table>

**Ingredients:** Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Maltodextrin, Ferrous Fumarate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Phyloquinone, Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Triacetin, Vitamin A Acetate, Zinc Oxide.

**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.

**KEEP OUT OF REACH OF CHILDREN**
<table>
<thead>
<tr>
<th>CHILD RESISTANT CAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Adult Use Only</td>
</tr>
<tr>
<td>Not for Children</td>
</tr>
<tr>
<td>If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.</td>
</tr>
<tr>
<td>Do not exceed recommended intake</td>
</tr>
</tbody>
</table>

Contact Information –

Questions or comments? Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)