



Supplement Facts

Serving Size 2 capsules
Servings Per Container 60

Amount per serving		%DV
Vitamin A (as vitamin A acetate / 74% beta-carotene)	11 325 IU	227%
Vitamin C (as magnesium / manganese ascorbates)	300 mg	500%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as <i>d</i> -alpha tocopheryl acetate)	100 IU	333%
Vitamin K ₁ (as phyloquinone)	100 mcg	125%
Thiamin (as thiamin hydrochloride) (B ₁)	25 mg	1667%
Riboflavin (B ₂)	25 mg	1471%
Niacin (as niacinamide)	50 mg	250%
Vitamin B ₆ (as pyridoxine hydrochloride)	25 mg	1250%
Folic acid	400 mcg	100%
Vitamin B ₁₂ (as hydroxocobalamin)	1000 mcg	16 667%
Biotin	200 mcg	67%
Pantothenic acid (as calcium <i>d</i> -pantothenate)	100 mg	1000%
Calcium (as dicalcium phosphate / calcium citrate)	75 mg	8%
Phosphorus (as dicalcium phosphate)	40 mg	4%

Amount per serving		%DV
Iodine (as potassium iodide)	200 mcg	133%
Magnesium (as magnesium ascorbate / oxide)	40 mg	10%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as L-selenomethionine)	200 mcg	286%
Manganese (as manganese ascorbate)	5 mg	250%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as potassium molybdate)	150 mcg	200%
Potassium (as potassium citrate/iodide/molybdate)	25 mg	<1%
Choline bitartrate	75 mg	†
Inositol	10 mg	†
PABA (para-aminobenzoic acid)	10 mg	†
Boron (as HVP ♦ chelate)	1 mg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Silicon (as silicon dioxide / sodium metasilicate)	5 mg	†
Nickel (as nickel sulfate)	25 mcg	†

† % Daily Value (DV) not established
♦ Hydrolyzed vegetable (rice) protein

Other ingredients: Hypromellose (capsule), vegetable magnesium stearate

MULTIVITAMIN & MINERAL WITHOUT COPPER & IRON (ADULT FORMULA)

vitamin-mineral supplement

Recommended adult intake: Two capsules taken daily with a meal, a few hours before or after taking medications, or as professionally directed.

Risk information: If you are pregnant or breastfeeding, or if you are taking blood thinners, consult your healthcare practitioner prior to use.

Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Keep out of reach of children.

Code VM35-120

V2.0

BARCODE LOCATION
883196 20221

120 vegetable capsules

Made in the UK for Seroyal USA, Pittsburgh, PA 15275, 1-888-737-6925