

Other Ingredients: Softgel (gelatin, glycerin and water), soybean oil, beeswax, carob and lecithin. Contains soy.

**From L-OptiZinc®

***From ChromeMate®

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

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

KEEP OUT OF REACH OF CHILDREN.

Super Softgel Multi

IRON-FREE

Dietary Supplement
60 Softgels

SUPPLEMENT FACTS

Serving Size 2 Softgel Capsules

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from beta carotene, fish liver oil)	25,000 IU	500%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	325 mg	542%	Magnesium (as oxide)	100 mg 25%
Vitamin D-3 (as cholecalciferol)	400 IU	100%	Zinc (as monomethionine)**	15 mg 100%
Vitamin E (as d-alpha tocopherol succinate)	400 IU	1,333%	Selenium (as selenomethionine)	25 mcg 36%
Vitamin B-1 (as thiamin mononitrate)	50 mg	3,333%	Copper (as copper gluconate)	2 mg 100%
Vitamin B-2 (as riboflavin)	60 mg	3,529%	Manganese (as gluconate)	4 mg 200%
Niacin (as niacinamide)	50 mg	250%	Chromium (as polynicotinate)***	25 mcg 21%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500%	Molybdenum (as amino acid chelate)	25 mcg 33%
Folic Acid	400 mcg	100%	Choline Bitartrate	25 mg *
Vitamin B-12 (as cyanocobalamin)	75 mcg	1,250%	Inositol	25 mg *
Biotin	300 mcg	100%	Boron (as citrate)	50 mcg *
Pantothenic Acid (as d-calcium pantothenate)	40 mg	400%	Vanadium (as vanadyl sulfate)	5 mg *
Calcium (as carbonate, citrate)	200 mg	20%	Citrus Bioflavonoids	25 mg *

*Daily Value not established