

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 1 capsule, 2 times daily, with meals.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**Keep out of the reach of children.**



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our hypoallergenic  
supplements

Use only if safety  
seal is intact.

Contents may not fill  
package in order to  
accommodate required  
labeling. Please rely on  
stated quantity.

Certified Gluten-Free  
by the Gluten-Free  
Certification Organization,  
[www.gluten.org](http://www.gluten.org)



## Multi t/d

*Twice-daily multivitamin/  
mineral complex for daily wellness<sup>†</sup>*

Gluten-free, Non-GMO  
& Hypoallergenic

**Dietary Supplement**

**120 CAPSULES**



### Supplement Facts

Serving size 1 capsule  
Servings per container 120

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	675 mcg	75%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)(D <sub>3</sub> )	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	34 mg	223%
Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg	2,083%
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	375 mg	234%
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg	612%

Folate (as Metafolin <sup>®</sup> , L5-MTHF)	667 mcg DFE (400 mcg L5-MTHF)	167%
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg	10,417%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg	500%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc picolinate)	75 mg	68%
Selenium (as selenomethionine)	50 mcg	91%
Chromium (as chromium polynicotinate)	100 mcg	286%
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
*FloraGLO lutein	3 mg	*
Zeaxanthin	500 mcg	*

\* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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Metafolin <sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.	Zeaxanthin is sourced from OPTISHARP <sup>®</sup> brand. OPTISHARP <sup>®</sup> is a trademark of DSM.
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