STORE IN A COOL, DRY PLACE. Recommendations: As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.	pure	Supplement Facts	Vitamin B12 (as methylcobalamin) Biotin Pantothenic acid (as calcium pantothenate) (Bi)	500 mcg 20,833% 400 mcg 1,333% 200 mg 4,000%
Varning: If you are pregnant or lactating, have ny health condition or are taking any medication, onsult your health professional before use.	encapsulations	Amount Per Serving %	Iodine (as potassium iodide)	150 mg 12% 100 mcg 67%
Keep out of the reach of children.	cincupsulations	Vitamin C (as ascorbic acid) 500 mg 556 Vitamin D (as cholecalciferol)(Da) 10 mcg (400 IU) 50	%         Zinc (as zinc picolinate)           %         Selenium (as selenomethionine)	100 mg 24% 12.5 mg 114% 100 mcg 182%
Metafolin <sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.	Nutrient 950°	Vitamin E 134 mg 893 (as d-alpha tocopherol succinate) Thiamin (as thiamin HCI) (Bi) 50 mg 4,167	Chromium (as chromium polynicotinate) Molybdenum	2.5 mg 109% 100 mcg 286% 50 mcg 111%
Use only if safety seal is intact.	without copper & iron	Riboflavin (as vitamin B) and 34.75 mg 2,673 28% riboflavin 5' phosphate (activated B))) Niacin (as niacinamide and 86 mg 538	Potassium (as potassium aspartate)	49.5 mg 1%
Contents may not fill package in order to accommodate	Multivitamin/mineral formula for daily wellness <sup>‡</sup>	42% inositol hexaniscinate) Vitamin B <sub>i</sub> (as pyridoxine HCl and 20.5 mg 1,206 39% pyridoxal 5' phosphate (activated B <sub>i</sub> ))	Proprietary mixed carotenoid blend	1 mg * 100 mcg * 425 mcg *
required labeling. Please rely on stated quantity.		Folate (as Metafolin®, L5-MTHF) 667 mog DFE 167 (400 mog L5-MTHF)	(as lutein, lycopene, zeaxanthin) *Daily value (DV) not established	
Certified Gluten-Free by the Gluten-Free Scan to learn about our Appoallergenic supplements www.gluten.org	Gluten-free, Non-GMO & Hypoallergenic	Other ingredents vegetation capsule featilities, water, accord plaimitate CHROMEMATE "CromoMate" is an egistered tablemark and CHROMEMATE "CromoMate" is a negistered tablemark and Administration. This product is not intended to diagnose, trees		
7 66298 00205 7	Dietary Supplement	InterHealth, N.I.	cure, or prevent any disease.	