

SUGGESTED USE: Adults: Take contents of packet one at a time daily with food.

For adult use only. Not formulated for use in children. Consult your physician before use if taking medication(s), undergoing laboratory tests or have a health condition.

Do not exceed recommended daily dose/amount.

If taking other supplements, read label, since supplements may contain the same ingredient.

Do not use if you are allergic to any of the ingredients.

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.

Complete Multivitamin

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A	1050 mcg (29% as beta-carotene)	117%
Vitamin C	90 mg	100%
Vitamin D ₃	25 mcg (1000 IU)	125%
Vitamin E	20.2 mg	135%
Vitamin K	60 mcg	50%
Thiamin	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B ₆	2 mg	118%

	Amount Per Serving	% Daily Value
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B ₁₂	6 mcg	250%
Biotin	40 mcg	133%
Pantothenic Acid	15 mg	300%
Calcium	210 mg	16%
Iron	8 mg	44%
Phosphorus	20 mg	2%
Iodine	150 mcg	100%
Magnesium	100 mg	24%
Zinc	11 mg	100%
Selenium	100 mcg	182%

	Amount Per Serving	% Daily Value
Copper	0.9 mg	100%
Manganese	2.3 mg	100%
Chromium	35 mcg	100%
Molybdenum	50 mcg	111%
Chloride	72 mg	3%
Potassium	80 mg	2%
Silicon	2 mg	*
Tin	10 mcg	*
Vanadium	10 mcg	*
Lycopene	600 mcg	*

* Daily Value not established.

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid, Microcrystalline Cellulose, Gelatin, *d*-Alpha Tocopheryl Acetate, Croscarmellose Sodium. Contains 2% or less of beta-carotene, biotin, calcium silicate, carnauba wax, cholecalciferol, chromium picolinate, cupric sulfate, cyanocobalamin, D-calcium pantothenate, FD&C red no. 40 lake, FD&C yellow no. 6 lake, ferrous fumarate, folic acid, lycopene, magnesium stearate, manganese sulfate, niacinamide, phytonadione, polyethylene glycol, polyvinyl alcohol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, silica, sodium metavanadate, sodium molybdate, sodium selenate, soy lecithin, stannous chloride, stearic acid, talc, thiamine mononitrate, titanium dioxide (color), zinc oxide. **Contains: Soy.**

Lutein and Zeaxanthin

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Lutein (from marigold flower extract)	18 mg	*
Zeaxanthin (from marigold flower extract)	0.9 mg	*

* Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Safflower Oil, Glycerin, Yellow Beeswax, Purified Water USP, Soy Lecithin. Contains 2% or less of carmine (color), titanium dioxide (color).

Methylsulfonylmethane (MSM)

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%†
Methylsulfonylmethane	1000 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Contains 2% or less of croscarmellose sodium, magnesium stearate, microcrystalline cellulose, silica, stearic acid.

Vitamin C

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	1000 mg	1111%

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium. Contains 2% or less of carnauba wax, magnesium stearate, polyethylene glycol, rose hips, silica, sodium chloride, stearic acid.

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