

# Essential Multivitamin

## Supplement Facts

**Serving Size: 6 Capsules**

**Servings Per Container: 60**

	Amount Per Serving	%DV
Vitamin A .....	12,500 IU	250%
(40% as Vitamin A Palmitate / 60% [7,500 IU] as Beta-Carotene)		
Vitamin C (as Ascorbic Acid) .....	600 mg	1000%
Vitamin D-3 .....	500 IU	125%
Vitamin E (as Vitamin E Succinate) .....	200 IU	667%
Thiamin (as Thiamine HCl) .....	50 mg	3,333%
Riboflavin .....	25 mg	1,471%
Niacin / Niacinamide .....	95 mg	475%
Vitamin B6 .....	50 mg	2,500%
(as Pyridoxine HCl / Pyridoxal-5-Phosphate Complex)		
Folate (as L-Methylfolate, Metafolin®) .....	400 mcg	100%
Vitamin B12 (on Ion Exchange Resin) .....	50 mcg	833%
Biotin .....	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate) .....	250 mg	2,500%
Calcium .....	250 mg	25%
(from Calcium Citrate / Ascorbate / Carbonate Complex)		
Iodine (from Kelp) .....	100 mcg	67%
Magnesium .....	250 mg	63%
(from Magnesium Aspartate / Ascorbate / Oxide Complex)		
Zinc (from Zinc Amino Acid Chelate) .....	12.5 mg	83%

Selenium .....	100 mcg	143%
(Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp)		
Manganese .....	10 mg	500%
(from Manganese Aspartate / Sulfate Complex)		
Chromium .....	100 mcg	83%
(Organically bound with GTF activity-low allergenicity)		
Molybdenum (from Molybdenum Krebs <sup>†</sup> ) .....	50 mcg	67%
Potassium .....	49.5 mg	1%
(from Potassium Aspartate / Chloride Complex)		
Choline (from Choline Citrate / Bitartrate) .....	30 mg	*
Inositol .....	50 mg	*
Citrus Bioflavonoid Complex .....	50 mg	*
PABA (Para-Aminoenzoic Acid) .....	25 mg	*
Vanadium (from Vanadium Krebs <sup>†</sup> ) .....	25 mcg	*
Boron .....	0.75 mg	*
(from Boron Aspartate / Citrate Complex)		
Trace Elements (from Sea Vegetation) .....	50 mcg	*
L-Cysteine / N-Acetyl-L-Cysteine .....	100 mg	*
L-Methionine .....	6 mg	*
Glutamic Acid (from Glutamic Acid HCl) .....	10 mg	*
Betaine (from Betaine HCl) .....	57 mg	*

\*Daily Value not established.

Other Ingredients: Gelatin (capsule), vegetable stearate, silica, and cellulose.