

## Multivitamin

Supplement Facts		
Serving Size 2 Tablets		
Servings per container 30		
Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)^	750 mcg	83%
Vitamin C (as ascorbic acid)^	60 mg	67%
Vitamin D3 (cholecalciferol)^	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopherol)^	20 mg	133%
Thiamin (Vitamin B1)^	1.7 mg	142%
Riboflavin (Vitamin B2)^	1.4 mg	108%
Niacin (as niacinamide)^	20 mg	125%
Vitamin B6 (as pyridoxine HCl)^	2 mg	118%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	333 mcg DFE (200 mcg methylfolate)	83%
Vitamin B12 (as methylcobalamin)	5 mcg	208%
Biotin^	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)^	10 mg	200%
Iodine (as potassium iodide)^	60 mcg	40%
Zinc (as zinc oxide)^	15 mg	136%
Selenium (as selenium dioxide)^	50 mcg	91%
Copper (as copper sulfate)^	1 mg	111%
Manganese (as manganese chloride)^	1 mg	43%
Chromium (as chromium chloride)^	60 mcg	171%
Molybdenum (as sodium molybdate)^	15 mcg	33%
Vitamin K2 (as menaquinone-7 from natto)	80 mcg	*

\*Daily Value not established.

**Other Ingredients:** Culture Media (Organic Soy Flour, *Saccharomyces cerevisiae*, Organic Maltodextrin, *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus rhamnosus*, Organic Acacia, Papain, Bromelain, Organic Carrot), Organic Acacia, Silicon Dioxide, Organic Rice Hull, Organic Film Coating (Maltodextrin, Sunflower Lecithin, Palm Oil, Guar Gum).

**Contains:** Soy

^Nutrient fermented in culture media

<p>Contact Us            Phone: 1(877) 227-3631            Email: help@takecareof.com</p>
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