

Contains No sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) tablet daily, preferably with a meal or as directed by a health care professional. Store in a cool, dry place and away from direct light.

*** from L-OptiZinc®

† from ChromeMate®

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KEEP OUT OF REACH OF CHILDREN.

IRON FREE

Vita-Min 75

Multiple Vitamins and
Chelated Minerals

VEGETARIAN
Dietary Supplement
30 Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	6,000 mcg (10,000 IU)	667%	Magnesium**	72 mg 2%
Vitamin C (as ascorbic acid)	250 mg	278%	Zinc (as methionine)***	10 mg 91%
Vitamin D (as cholecalciferol) (400 IU)	10 mcg	50%	Selenium (as L-selenomethionine)	35 mcg 64%
Vitamin E (as d-alpha)	101 mg (150 IU)	673%	Copper	1 mg 111%
Vitamin B-1	75 mg	6,250%	Manganese**	6.1 mg 265%
Vitamin B-2 (as riboflavin)	75 mg	5,769%	Chromium (as polynicotinate) †	100 mcg 266%
Niacin (as niacinamide)	75 mg	469%	Molybdenum	50 mcg 111%
Vitamin B-6	75 mg	4,412%	Potassium**	10 mg <1%
Folate (400 mcg folic acid)	667 mcg DFE	167%	Inositol	75 mg *
Vitamin B-12	75 mcg	3,125%	Para amino benzoic acid	75 mg *
Biotin	75 mcg	250%	Citrus Bioflavonoids	25 mg *
Pantothenic Acid	75 mg	1,500%	Hesperidin Complex	5 mg *
Choline (as bitartrate)	90 mg	5%	Betaine	25 mg *
Calcium**	50 mg	4%	Hydrochloride	25 mg *
Iodine (from kelp)	150 mcg	100%	Glutamic Acid	25 mg *
			Rutin	25 mg *
				* Daily Value not established

** As amino acid chelate

Other Ingredients: Cellulose, cellulose gum, vegetable stearin, food glaze with vanilla coating, magnesium vegetable stearate, silica, natural flavor, modified cellulose, alfalfa, brown rice bran, parsley and watercress.



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