

**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  
60 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%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as ascorbic acid)	250 mg	278%	Magnesium**	7.2 mg 2%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	Zinc (as methionine)**	10 mg 91%
Vitamin E (as d-alpha)	101 mg (150 IU)	673%	Selenium (as L-selenomethionine)	35 mcg 64%
Vitamin B-1	75 mg	6,250%	Copper	1 mg 111%
Vitamin B-2 (as riboflavin)	75 mg	5,769%	Manganese**	6.1 mg 265%
Niacin (as niacinamide)	75 mg	469%	Chromium (as polynicotinate)†	100 mcg 286%
Vitamin B-6	75 mg	4,412%	Molybdenum	50 mcg 111%
Folate (400 mcg folic acid)	667 mcg DFE	167%	Potassium**	10 mg <1%
Vitamin B-12	75 mcg	3,125%	Inositol	75 mg *
Biotin	75 mcg	250%	Para amino benzoic acid	75 mg *
Pantothenic Acid	75 mg	1,500%	Citrus Bioflavonoids	25 mg *
Choline (as bitartrate)	30 mg	5%	Hesperidin Complex	5 mg *
Calcium**	50 mg	4%	Betaine	25 mg *
			Hydrochloride	25 mg *
			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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