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

180 Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	6,000 mcg (10,000 IU)	667%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha)	101 mg (150 IU)	673%
Vitamin B-1	75 mg	6,250%
Vitamin B-2 (as riboflavin)	75 mg	5,769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B-6	75 mg	4,412%
Folate (400 mcg folic acid)	667 mcg DFE	167%
Vitamin B-12	75 mcg	3,125%
Biotin	75 mcg	250%
Pantothenic Acid	75 mg	1,500%
Choline (as bitartrate)	30 mg	5%
Calcium**	50 mg	4%
Iodine (from kelp)	150 mcg	100%
Magnesium**	7.2 mg	2%
Zinc (as methionine)***	10 mg	91%
Selenium (as L-selenomethionine)	35 mcg	64%
Copper	1 mg	111%
Manganese**	6.1 mg	265%
Chromium (as polynicotinate)†	100 mcg	286%
Molybdenum	50 mcg	111%
Potassium**	10 mg	<1%
Inositol	75 mg	*
Para amino benzoic acid	75 mg	*
Citrus Bioflavonoids	25 mg	*
Hesperidin Complex	5 mg	*
Betaine 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

Quality AND Potency GUARANTEED

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DO NOT REMOVE