

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

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

**Other Ingredients:** Vegetarian capsules (cellulose, water), rice powder, magnesium vegetable stearate and silica.

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 \*\*\*\*\* From Lyc-O-Mato®, a registered trademark » of LycoRed Ltd.  
**KEEP OUT OF REACH OF CHILDREN.**

# One-Daily Multi Caps

With Lutein, CoQ10 & Lycopene

– NO IRON –

*Dietary Supplement*

120 Vegetarian Capsules

## SUPPLEMENT FACTS

	Amount Per Serving	% DV
Serving Size 1 Vegetarian Capsule		
Vitamin A (as beta carotene)	1,500 mcg (5,000 IU)	167%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	40 mg	267%
Vitamin B-1 (as thiamine mononitrate)	15 mg	1,250%
Vitamin B-2 (as riboflavin)	15 mg	1,154%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (as pyridoxine hydrochloride)	15 mg	882%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic acid (as d-calcium pantothenate)	25 mg	500%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium carbonate, calcium citrate)	25 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium amino acid chelate)	5 mg	1%
Zinc (as monomethionine)**	10 mg	91%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese amino acid chelate)	5 mg	217%
Chromium (as chromium polynicotinate)***	100 mcg	286%
Molybdenum	75 mcg	167%
Inositol	10 mg	*
Coenzyme Q10	1 mg	*
Lutein	500 mcg	*
(from marigold [ <i>Calendula officinalis</i> ] flowers ****)		
Lycopene (from tomatoes)*****	500 mcg	*

\*Daily Value not established

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