

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)	3,000 mcg (10,000 IU)	333%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as ascorbic acid)	250 mg	278%	Magnesium**	7.2 mg 2%
Vitamin D (as cholecalciferol) (400 IU)	10 mcg	50%	Zinc (as methionine)***	10 mg 91%
Vitamin E (as d-alpha)	101 mg	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 (400 mcg DFE folic acid)	75 mg	4,412%	Molybdenum	50 mcg 111%
Folate	75 mcg	3,125%	Potassium**	10 mg <1%
Vitamin B-12	75 mcg	250%	Inositol	75 mg *
Biotin	75 mcg	250%	Para-aminobenzoic acid (PABA)	75 mg *
Pantothenic Acid	75 mg	1,500%	Betaine	25 mg *
Choline (as bitartrate)	30 mg	5%	Citrus Bioflavonoids	25 mg *
Calcium**	50 mg	4%	Glutamic Acid	25 mg *
			Rutin	25 mg *
			Hesperidin Complex	5 mg *
				* Daily Value not established

* As amino acid chelate

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



BAR CODE PLACEHOLDER
DO NOT REMOVE

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