

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
90 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 (400 IU) | 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 | 75 mg | 4,412% | Molybdenum | 50 mcg 111% |
| Folate (400 mcg folic acid) | 680 mcg DFE (400 mcg folic acid) | 170% | Potassium** | 10 mg <1% |
| Vitamin B-12 | 75 mcg | 3,125% | 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% | Hydrochloride | 25 mg * |
| Calcium** | 50 mg | 4% | Citrus Bioflavonoids | 25 mg * |
| | | | Glutamic Acid | 25 mg * |
| | | | Rutin | 25 mg * |
| | | | Hesperidin Complex | 5 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 watercross



BAR CODE PLACEHOLDER
DO NOT REMOVE

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