

How do you read a supplement label?

Serving size is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet, teaspoonful).

Amount Per Serving heads the listing of nutrients contained in the supplement, followed by the quantity present in each serving.

International Unit (IU) is a standard unit of measure for fat soluble vitamins (A, D and E).

Milligram (mg) and microgram (mcg) are units of measurement for water soluble vitamins (C and B complex) and minerals. A milligram is equal to .001 grams. A microgram is equal to .001 milligrams.

The list of all ingredients includes nutrients and other ingredients used to formulate the supplement, in decreasing order by weight.

All supplements should be stored in a cool, dry place in their original containers, out of the reach of children and should be used before the expiration date to assure full potency.

Supplement Facts

Serving Size 1 tablet
Suggested Use: Adults, take one tablet per day with meal

| Amount Per Serving | % Daily Value |
|---|---------------|
| Vitamin A 5000 I.U. 50% as Beta Carotene | 100% |
| Vitamin C 250 mg | 417% |
| Vitamin D 400 I.U. | 100% |
| Vitamin E 200 I.U. | 667% |
| Vitamin K 80 mcg | 100% |
| Thiamin 5 mg | 333% |
| Riboflavin 5 mg | 294% |
| Niacin 20 mg | 100% |
| Vitamin B ₆ 5 mg | 250% |
| Folic acid 400 mcg | 100% |
| Vitamin B ₁₂ 6 mcg | 100% |
| Biotin 150 mcg | 50% |
| Pantothenic Acid 10 mg | 100% |
| Calcium 200 mg | 20% |
| Iron 18 mg | 100% |
| Phosphorus 200 mg | 20% |
| Iodine 150 mcg | 100% |
| Selenium 35 mcg | 50% |
| Magnesium 200 mg | 50% |
| Zinc 15 mg | 100% |
| Copper 2 mg | 100% |
| Boron 150 mcg | * |

* Daily Value not established

Percent Daily Value (DV) tells what percentage of the recommended daily intake for each nutrient for adults and children ages 4 and up is provided by the supplement.

An asterisk under the "Percent Daily Value" heading indicates that a Daily Value is not established for that nutrient.

The manufacturer's or distributor's name and place of business or phone number are required to appear on the label.

Ingredients: vitamin A acetate, beta carotene, vitamin D, dl-alpha tocopherol acetate, ascorbic acid, thiamin mononitrate, riboflavin, niacinamide, pyridoxine hydrochloride, vitamin B12, biotin, d-calcium pantothenate, potassium chloride, dicalcium phosphate, potassium iodine, ferrous fumarate, magnesium oxide, copper sulfate, zinc oxide, manganese sulfate, sodium selenate, chromium chloride, sodium molybdate, microcrystalline cellulose, calcium carbonate, sodium carboxymethyl cellulose

Storage: Keep tightly closed in dry place; do not expose to excessive heat

KEEP OUT OF REACH OF CHILDREN

Expiration date: JUN 2013

Company V, Cityville, New York 01010