

Label # 203143



Twice Daily Multi Dietary Supplement

60 Capsules

Recommended Use: As a dietary supplement, take two capsules per day with meals or as directed by your health care practitioner.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A	3200 IU	Vitamin B12 (as Methylcobalamin)	500 mcg 8333%
(from fish liver oil and 53% as mixed carotenoids from palm tree fruit)	64%	Biotin (as d-Biotin)	300 mcg 100%
Alpha Carotene	4 mg	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Beta Carotene	15 mg	Iodine (as Kelp)	75 mcg 50%
Vitamin C (as Ascorbic Acid)	500 mg	Zinc (as Zinc Chelazome®Bis-Glycinate Chelate)	15 mg 100%
Vitamin D (as Cholecalciferol)	500 IU	Selenium (as Selenomethionine)	200 mcg 286%
Vitamin E	50 IU	Manganese (as Manganese Chelazome®Bis-Glycinate Chelate)	3 mg 150%
d-gamma tocopherol	100 mg	Chromium (as Chromium Chelavite®Nicotinate-Glycinate Chelate)	400 mcg 333%
d-delta tocopherol	42 mg	Molybdenum (as Bis-Glycinate Chelate)	100 mcg 133%
d-alpha tocopherol	22 mg	Boron (as Glycinate Complex)	2 mg *
d-beta tocopherol	3 mg	Alpha Lipoic Acid	20 mg *
Vitamin B1 (as Thiamine HCl)	50 mg	*Daily Value not established.	
Vitamin B2 (as Riboflavin)	30 mg		
Vitamin B3 (as Niacinamide)	30 mg		
Vitamin B6 (as Pyridoxine HCl)	50 mg		
Folic Acid	800 mcg		
	2000%		

Other Ingredients: Gelatin (capsule), magnesium stearate.

Chelazome and Chelavite are registered trademarks of Albion Laboratories, Inc. Chelates covered by U.S. Patents 4,599,152, 4,830,716, 4,863,898, 5,614,553 and patents pending.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Uniquely formulated and distributed by:
GMP Designs for Health, Inc.
 800.847.8302
 For details on DFH GMPs
 2 North Road, East Windsor, CT 06088