

**CODE 424667****AWG****DIRECTIONS:** As a dietary supplement, take one capsule daily with food.

# Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate).....	800 mcg RAE..... 89%
Vitamin C (as Ascorbic Acid).....	80 mg..... 89%
Vitamin D (as Cholecalciferol).....	25 mcg..... 125%
Vitamin E (as D-Alpha Tocopheryl Succinate).....	12 mg..... 80%
Vitamin K (as Phylloquinone).....	75 mcg..... 63%
Thiamin (as Thiamin Mononitrate).....	1.1 mg..... 92%
Riboflavin.....	1.4 mg..... 108%
Niacin (as Nicotinamide).....	16 mg NE..... 100%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	1.4 mg..... 82%
Folate (as Folic Acid).....	340 mcg DFE..... 85%
	(200 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	2.5 mcg..... 104%
Biotin.....	50 mcg..... 167%
Pantothenic Acid (as Calcium Pantothenate).....	6 mg..... 120%
Calcium (as Calcium Carbonate and Dicalcium Phosphate).....	120 mg..... 9%
Iron (as Ferrous Fumarate).....	14 mg..... 78%
Iodine (as Potassium Iodide).....	150 mcg..... 100%
Magnesium (as Magnesium Oxide).....	56 mg..... 13%
Zinc (as Zinc Citrate).....	10 mg..... 91%
Selenium (as Sodium Selenite).....	55 mcg..... 100%
Copper (as Copper Citrate).....	1 mg..... 111%
Manganese (as Manganese Gluconate).....	2 mg..... 87%
Chromium (as Chromium Picolinate).....	40 mcg..... 114%
Molybdenum (as Sodium Molybdate).....	50 mcg..... 111%
Coenzyme Q-10.....	20 mg..... *
LAB4 Probiotics.....	11.1 mg - 2.5 Billion CFUs..... *
	<i>Lactobacillus acidophilus</i> CUL21
	<i>Lactobacillus acidophilus</i> CUL60
	<i>Bifidobacterium animalis subsp. lactis</i> CUL34
	<i>Bifidobacterium bifidum</i> CUL20
Silica (as Silicon Dioxide).....	2 mg..... *
Boron (as Sodium Borate).....	0.1 mg..... *

\* Daily Value not established.

**OTHER INGREDIENTS:** Vegetarian Capsule Shell (Hydroxypropyl Methylcellulose), Corn Starch, Acacia Gum, Sugar, Microcrystalline Cellulose, Magnesium Stearate, Potato Maltodextrin, Corn Dextrin, Medium Chain Triglycerides, dl-alpha Tocopherol.

**Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA. Made in the UK**  
**Gluten Free, Lactose Free.**

**⚠ WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

**No refrigeration required.**