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Vit-Min 75+ One-A-Day Multiple Vitamin - 90 Tabs



Multiple vitamins help to bridge the nutrient gap in our daily diets. In today's world of processed foods and fast-paced lifestyles, many of us do not get the daily recommended allowance of vitamins, minerals and other nutrients. Multiple vitamins can help fill in the areas lacking in our diets, and are formulated to provide a broad range of nutrition in a synergistic manner. Read FAQ's

PRODUCT #: 3824
UPC: 733739038241
SRP: $19.99
Where to Buy
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Nutrition Info

Servings Per Container: 90
Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (50% as Beta-Carotene)	10,000 IU	200%
Vitamin A (as Retinyl Palmitate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	250 mg	420%
Vitamin D (from Fish Liver Oil)	400 IU	100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	150 IU	500%
Thiamine (as Thiamine HCI) (Vitamin B-1)	75 mg	5000%
Riboflavin (Vitamin B-2)	75 mg	4400%
Niacin (as Niacinamide)	75 mg	380%
Vitamin B-6 (as Pyridoxine HCI)	75 mg	3750%
Folate (Folic acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1670%
Biotin	100 mcg	35%
Pantothenic Acid (from Calcium Pantothenate)	75 mg	750%
Calcium (from Amino Acid Chelate, Oystershell)	100 mg	10%
Iron (from Amino Acid Chelate)	10 mg	60%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Mg Oxide & Amino Acid Chelate)	60 mg	15%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from Amino Acid Chelate)	25 mcg	35%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from Yeast-free GTF)	50 mcg	40%
Molybdenum (from Amino Acid Chelate)	50 mcg	70%
Potassium (Chloride)	10 mg	<1%
Boron (from Amino Acid Chelate)	500 mcg	†
Choline (as Choline Bitartrate)	100 mg	†
Inositol	75 mg	†
PABA	30 mg	†
Rutin	25 mg	†

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- Share Your Story
- Vitamin Guide

Betaine HCl	25 mg	†
Glutamic Acid	25 mg	†
Nucleic Acid	50 mg	†
Citrus Bioflavonoids (37% Bioflavonoids as Hesperidin)	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 1 tablet

Suggested Use: Take 1 tablet daily, preferably with meals.

Free of: sugar, salt, starch, yeast, soy, milk, corn, wheat, preservatives.

Other Ingredients: Alfalfa, parsley, lecithin, rose hips, dicalcium phosphate, cellulose, stearic acid, and silica.

Warnings: 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.

Disclaimers: None

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