Multi One Vcaps (Iron-Free)

MULTI ONE® Vcaps (Iron Free)

One a day, full spectrum iron-free mulitvitamin and multimineral dietary supplement. Available in easy to swallow vegetable capsules for maximum assimilation and absorption.

Product No. 146 - 60 Capsules.
Product No. 148 - 90 Capsules.



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin A (100% natural beta-carotene 5,000 I.U.) (Vitamin A palmitate 5,000 I.U.)	10000 I.U.	200
Vitamin C (ascorbic acid)	150 mg.	250
Vitamin D (cholecalciferol)	400 I.U.	100
Vitamin E (d-alpha tocopheryl succinate)	100 I.U.	333
Vitamin B-1 (thiamine HCl)	25 mg.	1667
Vitamin B-2 (riboflavin)	25 mg.	1471
Vitamin B-3 (niacinamide)	25 mg.	125
Vitamin B-6 (pyridoxine HCl)	25 mg.	1250
Vitamin B-12 (cyanocobalamin)	100 mcg.	1667
Biotin	300 mcg.	100
Folate (folic acid)	400 mcg.	100
Pantothenic Acid (calcium pantothenate)	25 mg.	250
Calcium (calcium citrate)	25 mg.	2.5
Iron (amino acid chelate)**	10 mg.	56
Magnesium (magnesium aspartate)	10 mg.	2.5
Potassium (potassium aspartate)	5 mg.	1
Chromium (amino acid chelate)**	150 mcg.	125
Iodine (potassium iodide)	150 mcg.	100
Copper (amino acid chelate)**	2 mg.	100
Manganese (amino acid chelate)**	5 mg.	250
Molybdenum (amino acid chelate)**	150 mcg.	200
Selenium (amino acid complex)†	50 mcg.	71
Zinc (amino acid chelate)**	15 mg.	100
Choline (bitartrate)	25 mg.	*
Inositol	25 mg.	*
PABA (para aminobenzoic acid)	10 mg.	*
Lutein (marigolds)	500 mcg.	*

* Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, magnesium stearate, natural vanilla bean.
Gold Medallion design is the registered trademark of Albion Laboratories, Inc.
†Albion Advanced Nutrition Amino Acid Complex
**Covered by Albion International, Inc.
U.S. Patents 4,830,716, 4,863,898 and 5,614,553.