## DIRECTIONS:

Adults take one tablet daily, preferably with food or as directed by your doctor.

Benefits: All adults should take one multivitamin daily to help reduce the risk of chronic diseases. like heart disease, cancer, and osteoporosis.

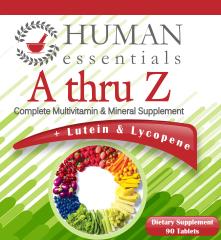
WARNING: KEEP OUT OF REACH OF CHILDREN DO NOT EXCEED RECOMMENDED DOSE DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.





Produced for: PCLQ Europe-Sweden, Info@pclq-europe.com



## **Supplement Facts**

Serving Size: 1 Tablet • Servings Per Container 90

Amount Per Serving	%Daily Value		Amount Per Serving %Daily Value		
Vitamin A	2500 IU	50%	Magnesium	50 mg	13%
(40% as Beta Carotene	)		Zinc	11 mg	73%
Vitamin C	60 mg	100%	Selenium	55 mcg	79%
Vitamin D	500 IU	125%	Copper	.5 mg	25 %
Vitamin E	50 IU	100%	Manganese	2.3 mg	115%
Vitamin K	30 mcg	38%	Chromium	45 mcg	38%
Thiamin (B1)	1.5 mg	100%	Molybdenum	45 mcg	60%
Riboflavin (B2)	1.7 mg	100%	Chloride	72 mg	2%
Niacin (B3)	20 mg	100%	Potassium	80 mg	2%
Vitamin B6	3 mg	150%	Nickel	5 mcg	
Folate, Folic Acid, Folacin	400 mcg	100%	Silicon	2 ma	- ,,,
Vitamin B12	25 mcg	417%	Vanadium	10 mcq	
Biotin	30 mcg	10%	Boron	150 mcg	**
Pantothenic acid	10 mg	100%	Lutein	250 mcg	**
Calcium	220 mg	22%	Lycopene	300 mca	**
Phosphorus	20 mg	2%			
lodine	150 mcg	100%	"Daily Value no	t established	

Ingredients: Vitamin A Acetate, Asorbic Acid (Vit, C), D3 Cholecalciferol, dFAInha Tocopheryl Acetate. Phytonadione, Thiamin Mononitrate, Vitamin B-2, Macinamide, Pyridoxine Hydrochloride, s-Calcium Panothenate, Calcium Carbonate, Dicalcium Phosphate, Potassium Iodide, Magnesium Oxide, Zinc Oxide, Sodium Selenate, Cupric Sulfate, Manganese Sulfate, Chromium Picolinate, Sodium Molybdate Potassium Chloride Rocio Acid Sodium Borate Nickel Sulfate Stiron Diovide Sodium Metavanarlate Other Ingredients: Vegetable Cellulose, Gelatin, Contains <2% of: Crospovidone, FD&C Blue #2 Lake. FD&C Red #40 Lake, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Venetable Magnesium Stearate.