

# Bio-Multi Plus™ (Iron & Copper Free)

Product # 1164

270 Tablets

## Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 90

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin A (as natural mixed carotenoids and palmitate) (IU ratio 1:2).....	7,500 IU	150%	Zinc (as gluconate, citrate).....	15 mg	100%
Vitamin C (as mixed ascorbates).....	100 mg	167%	Selenium (from vegetable culture †).....	50 mcg	71%
Vitamin D (as cholecalciferol).....	400 IU	100%	Manganese (as gluconate).....	2 mg	100%
Vitamin E (as $\alpha$ -alpha tocopheryl acetate).....	30 IU	100%	Chromium (from vegetable culture †).....	50 mcg	42%
Vitamin K (as phytonadione).....	35 mcg	44%	Molybdenum (from vegetable culture †).....	10 mcg	13%
Thiamin (B <sub>1</sub> ) (as thiamin mononitrate).....	10 mg	667%	Potassium (as chloride, gluconate).....	99 mg	3%
Riboflavin (B <sub>2</sub> ).....	10 mg	588%	Boron (as calcium borogluconate).....	1 mg	*
Niacin (as niacinamide).....	20 mg	100%	Lithium (from vegetable culture †).....	20 mcg	*
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride).....	10 mg	500%	Fluoridium (from vegetable culture †).....	25 mcg	*
Folate (as calcium folinate).....	400 mcg	100%	Vanadium (from vegetable culture †).....	5 mcg	*
Vitamin B <sub>12</sub> (as methylcobalamin).....	10 mcg	167%	Citrus Bioflavonoids (from citrus fruit).....	10 mg	*
Biotin.....	300 mcg	100%	Lysine (as L-Lysine hydrochloride).....	30 mg	*
Pantothenic Acid (as calcium pantothenate).....	25 mg	250%	L-Methionine.....	30 mg	*
Calcium (as citrate).....	200 mg	20%	N-Acetyl-L-Cysteine.....	10 mg	*
Iodine (from Kelp).....	150 mcg	100%	Coenzyme Q <sub>10</sub> (emulsified).....	1 mg	*
Magnesium (as citrate, gluconate, glycinate).....	100 mg	25%	Superoxide Dismutase (from vegetable culture †).....	20 mcg	*
			Catalase (from vegetable culture †).....	20 mcg	*

\*Daily Value not established

**Other ingredients:** Stearic acid (vegetable source), modified cellulose gum, cellulose, magnesium stearate (vegetable source) and food glaze.

† Specially grown, biologically active vegetable culture containing **Phytochemically Bound Trace Elements™** and/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

**This product is gluten and dairy free.**

**RECOMMENDATION:** Three (3) tablets each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.

Sealed with an imprinted safety

seal for your protection.

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