

ActivNutrients™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Vitamin A (75% [2,812 IU] as mixed carotenoids 25% [938 IU] as cis-retinol palmitate)	3750 IU	75%
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate, and sodium ascorbate)	125 mg	208%
Iron (Ferrochel® Ferrous Bisglycinate Chelate)	2.5 mg	14%
Calcium (DimaCal® Di-Calcium Malate, Calcium Ascorbate)	50 mg	5%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Vitamin B1 (as thiamine mononitrate)	10 mg	667%
Vitamin B2 (as riboflavin 5' phosphate)	10 mg	588%
Vitamin B3 (as niacinamide, niacin)	32 mg	160%
Vitamin B6 (as pyridoxal 5' phosphate)	10 mg	500%
Folate (100 mcg as folic acid and 100 mcg as 5-methyltetrahydrofolate†)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	250 mcg	4167%
Biotin	500 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as Di-Magnesium Malate)	50 mg	13%
Zinc (TRAACS® Zinc Glycinate Chelate)	6.5 mg	43%
Selenium (as Selenium Glycinate Complex)	50 mcg	71%
Copper (TRAACS® Copper Glycinate Chelate)	500 mcg	25%
Manganese (TRAACS® Manganese Glycinate Chelate)	250 mcg	13%
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	250 mcg	208%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Potassium Glycinate Complex and potassium ascorbate)	50 mg	1%
Inositol	18 mg	**
Choline (as choline dihydrogen citrate)	18 mg	**
PABA (<i>para</i> -aminobenzoic acid)	6.5 mg	**
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	375 mcg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, and silica.

DIRECTIONS: Take two capsules twice daily or as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy protein, dairy products, artificial colors, sweeteners, or preservatives.

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.

CAUTION: Consult with your healthcare practitioner before use. Keep out of reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

ActivNutrients™ Without Iron is also available.