

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Natural color variation may occur in this product. Store in a cool, dry place after opening. Please Recycle.

Suggested Usage: Take 1 tablet daily with a meal.

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.



Special One

Multi Vitamin

With Green Superfoods
& Herbal Extracts
90 Tablets

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate and as Ascorbic Acid)	200 mg	333%
Vitamin D (as Ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU	333%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium Pantothenate)	25 mg	250%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	50 mg	5%
Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)	5 mg	28%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	30 mg	8%
Zinc (from Amino Acid Chelate)	10 mg	67%
Selenium (from L-Selenomethionine)	25 mcg	36%
Copper (from Amino Acid Chelate)	0.5 mg	25%
Manganese (from Amino Acid Chelate)	3 mg	150%
Chromium (from Chromium Chelavite®) (TRAACS®)	25 mcg	21%
Molybdenum (from Sodium Molybdate)	50 mcg	67%

Potassium (from Potassium Chloride)	20 mg	< 1%
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
PABA	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Vanadium (from Vanadyl Sulfate)	50 mcg	†
Organic Spirulina	50 mg	†
Organic Chlorella (Broken Cell Wall)	50 mg	†
Organic Barley Grass	50 mg	†
Rutin Powder (Sophora japonica) (Flower Bud)	10 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Betaine HCl	10 mg	†
Glutamic Acid	10 mg	†
Lipase (80,000 LU/g)	5 mg	†
Papain (from Papaya) (2000 USP/mg)	5 mg	†
Bromelain (from Pineapple) (2400 GDU/g)	5 mg	†
Amylase (5000 SKB/g)	5 mg	†
Lutein (from Marigold Extract) (FloraGLO®)	250 mcg	†
Lycopene (from Natural Tomato Extract)	250 mcg	†
Alpha Lipoic Acid	20 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source), Sodium Copper Chlorophyllin (Chlorophyll) and Vegetarian Coating.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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TABLET SIZE



CODE 3856B VS