

Best Multiple provides the full range of vitamins and minerals proven essential for human metabolism, excluding iron, which for safety reasons must be taken separately.* Clinical trials and other scientific studies strongly support the need to supplement the diet with these nutrients, to optimize health and to maintain long-term well-being.* This formulation is optimized to deliver the most nutritionally effective forms of these nutrients.*

Essential for health and well-being*
Carefully selected for best absorption*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for **Doctor's Best, Inc.**
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YDRB300-2



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Doctor's BEST[®]

Science-Based Nutrition™
 Dietary Supplement

Best Multiple

CONTAINS VITASHINE D3

FULLY OPTIMIZED
 VITAMIN-MINERAL COMPLEX*

Vegan

90 Veggie Capsules

Supplement Facts

Serving Size 3 capsules Servings per container 30 servings

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Vitamin A (as retinyl palmitate)	5000 IU 100%	Iodine (as potassium iodide)	75 mcg 50%
Vitamin C (as ascorbic acid)	300 mg 500%	Magnesium (as magnesium glycinate)	100 mg 25%
Vitamin D (as Vitashine D3, cholecalciferol)	1600 IU 400%	Zinc (as zinc citrate)	25 mg 167%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%	Selenium (as sodium selenite)	105 mcg 150%
Vitamin K (as K2, menaquinone-7)	80 mcg 100%	Copper (as copper glycinate)	1 mg 50%
Thiamin (Vitamin B1) (as thiamin HCl)	60 mg 4000%	Manganese (as manganese glycinate)	4 mg 200%
Riboflavin (Vitamin B2)	75 mg 4412%	Chromium (as chromium picolinate)	600 mcg 500%
Niacin (Vitamin B3) (60% niacinamide, 40% niacin)	50 mg 250%	Molybdenum (as molybdenum glycinate)	75 mcg 100%
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%	Potassium (as potassium citrate)	105 mg 3%
Folate (as methylfolate/Quatrefolic®)	400 mcg 100%	Gamma, beta, delta tocopherols (Vitamin E)	90 mg †
Vitamin B12 (as methylcobalamin)	1000 mcg 16667%	Choline (as choline bitartrate)	100 mg †
Biotin	600 mcg 200%	Boron (as boron glycinate)	3 mg †
Pantothenic acid (as calcium pantothenate)	90 mg 900%	Silicon (from Horsetail Stem/Leaf extract, Equisetum arvense L.)	3 mg †
Calcium (as calcium pantothenate, citrate, malate)	20mg 2%	Lutein	3 mg †
		Zeaxanthin	300 mcg †

† Daily Value not established.

Other Ingredients: Vegetarian capsule (modified cellulose, titanium dioxide), microcrystalline cellulose, calcium laurate, silicon dioxide.

Suggested Adult Use: Take 3 capsules daily, after meals, or more as recommended by a nutritionally-informed physician.

Gluten Free

Store in a cool dry place.

Quatrefolic® is a registered trademark of Gnosis SPA.

Vitashine is the only vegan Vitamin D3 registered with the Vegan Society.