

Suggested Usage: As a dietary supplement, adults take 4 tablets two times daily with food or as directed by your healthcare professional. This product is best taken once in the morning and once at night.

This product contains NO yeast, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity)
Tamper resistant package, do not use if outer seal is missing.

Distributed by:
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DR. MERCOLA®

PREMIUM SUPPLEMENTS

WHOLE FOOD MULTIVITAMIN PLUS

Vital
Minerals



Dietary Supplement

240 Tablets

Supplement Facts

Serving Size: 8 Tablets

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (from natural beta carotene).....	5,000 IU 100%	PABA (para-aminobenzoic acid).....	50 mg *
Vitamin C (as Calcium, Magnesium, Niacinamide Ascorbates and Ascorbyl Palmitate).....	500 mg 833%	Boron (as Amino Acid Chelate Complex).....	1.5 mg *
Vitamin D-3 (as cholecalciferol).....	5,000 IU 1,250%	Vanadium (as Amino Acid Chelate).....	50 mcg *
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols).....	400 IU 1,333%	Amino Acids and Enzymes	
Thiamine (as Thiamine Pyrophosphate).....	3 mg 200%	L-Cysteine/N-Acetyl L-Cysteine.....	150 mg *
Riboflavin (as Riboflavin-5-Phosphate).....	3.4mg 200%	Betaine (from 150 mg Betaine HCl).....	114 mg *
Niacin/Niacinamide (as Niacinamide Ascorbate).....	40 mg 200%	Bromelain (2,000 GDU/g).....	50 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate).....	4 mg 200%	Glutamic Acid (from 25 mg Glutamic Acid HCl).....	20 mg *
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%	L-Methionine.....	12.5 mg *
Vitamin B-12 (as methylcobalamin).....	100 mcg 1,667%	Bioflavonoids and Proanthocyanidins	
Biotin.....	900 mcg 300%	Rose Hips.....	100 mg *
Pantothenic Acid (as d-Calcium Pantothenate).....	30 mg 300%	Lemon Bioflavonoids.....	100 mg *
Calcium (as Calcium Ascorbate, Citrate/Malate Complex).....	250 mg 25%	Red Wine Proanthocyanidins/Pine Bark Extract.....	50 mg *
Iodine (from Kelp).....	200 mcg 133%	Hesperidin.....	35 mg *
Magnesium (as Magnesium Ascorbate/ Amino Acid Chelate Complex).....	500 mg 125%	Rutin.....	25 mg *
Zinc (as Zinc Amino Acid Chelate).....	15 mg 100%	Vegetables Fruits and Herbs	
Selenium (as Amino Acid Chelate Complex).....	200 mcg 286%	Proprietary Blend.....	700 mg *
Copper (as Copper Amino Acid Chelate).....	50 mcg 3%	Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit) and Pineapple (fruit).....	
Manganese (as Manganese Amino Acid Chelate).....	2 mg 100%	Blueberry (fruit).....	100 mg *
Chromium (as Amino Acid Chelate).....	200 mcg 167%	Garlic (bulb, Pure-Gar®, odorless).....	100 mg *
Molybdenum (as Amino Acid Chelate).....	100 mcg 133%	Broccoli (entire plant).....	100 mg *
Potassium (as Potassium Krebs† and Amino Acid Chelate Complex).....	99 mg 2%	Cauliflower (entire plant).....	100 mg *
Lutein (natural).....	6 mg *	Spirulina.....	100 mg *
Lycopene (natural).....	6 mg *	Chlorella (broken cell wall).....	100 mg *
Zeaxanthin.....	1 mg *	Green Papaya Extract (fruit).....	100 mg *
Other Minerals, Nutrients and Trace Elements		Green Tea Extract (leaf).....	50 mg *
Inositol.....	100 mg *	Sprouted Barley Juice (entire plant).....	50 mg *
Trace Elements (from Sea Vegetation).....	approx. 100 mcg *	Wheat Grass Juice (entire plant).....	50 mg *
Strontium (from 0.5 mg strontium carbonate).....	297 mcg *	Beet Extract (root).....	50 mg *
Silica.....	100 mg *	Apple Pectin (fruit).....	50 mg *
Choline (from 150 mg Choline Citrate/Bitartrate).....	60 mg *		

*Daily Value not established.

Other Ingredients: Cellulose.

† Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Formula #201060 / #2169951

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