

SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily in 1 or 2 divided doses with food. This product is best taken in the morning and at night.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING OR PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

FORMULATED AND DISTRIBUTED BY:
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[^]Garli-Eze[®] is a registered trademark of Scientific Foods Solutions.

[†] Contains whole food nutrients.

^{††} Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

^{†††} US Patent Number 4,599,152 Albion Laboratories.

876-v711



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
Calories	10		Silica	100 mg	**
Total Carbohydrate	2 g	1%*	Choline (from Choline Bitrate, Dihydrogen Citrate)	60 mg	**
Vitamin A (from Beta-Carotene)	5,000 IU	100%	PABA (Para-Aminobenzoic Acid)	50 mg	**
Vitamin C (as Calcium, Magnesium and Niacinamide Ascorbates, Ascorbyl Palmitate)	500 mg	830%	Boron (from Boron Amino Acid Chelate Complex†††)	1.5 mg	**
Vitamin D (Vitamin D3) (as Cholecalciferol)	5,000 IU	1250%	Vanadium (from Vanadium Amino Acid Chelate Complex†††)	50 mcg	**
Vitamin E (as D-Alpha-Tocopheryl Acetate with Mixed Tocopherols)	400 IU	1330%	L-Cysteine/N-Acetyl Cysteine Complex	150 mg	**
Thiamine (Vitamin B1) (as Thiamine Pyrophosphate)	3 mg	200%	Betaine (from Betaine Hydrochloride)	114 mg	**
Riboflavin (Vitamin B2) (as Riboflavin-5'-Phosphate)	3.4 mg	200%	Bromelain	50 mg	**
Niacin (Vitamin B3) (as Niacinamide Ascorbate)	40 mg	200%	Glutamic Acid	20 mg	**
Vitamin B6 (as Pyridoxal-5'-Phosphate)	4 mg	200%	L-Methionine	12.5 mg	**
Folate (Vitamin B9) (as L-Methylfolate††)	400 mcg	100%	Rose Hips	100 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	1670%	Lemon Bioflavonoids	100 mg	**
Biotin	900 mcg	300%	Red Wine Extract (min. 25% Proanthocyanidins), Pine Bark Extract (min. 85% Polyphenols)	50 mg	**
Pantothenic Acid (Vitamin B5) (as D-Calcium Pantothenate)	30 mg	300%	Hesperidin	35 mg	**
Calcium (from Calcium Citrate-Malate†††, Calcium Ascorbate)	250 mg	25%	Rutin	25 mg	**
Iodine (from Kelp)	200 mcg	130%	Dr. Mercola's Special Blend [Kale (Leaf), Spinach (Leaf), Carrot (Root), Radish (Root), Celery (Stalk), Apricot (Fruit), Blackberry Powder (Fruit), Cranberry Extract (Fruit), Grape Extract (Skin)]	692 mg	**
Magnesium (from Magnesium Amino Acid Chelate Complex†††, Magnesium Ascorbate)	500 mg	120%	Blueberry (Fruit)	100 mg	**
Zinc (from Zinc Amino Acid Chelate†††)	15 mg	100%	Garlic (Bulb) [^]	100 mg	**
Selenium (from Selenium Amino Acid Chelate Complex†††)	200 mcg	290%	Broccoli (Floret)	100 mg	**
Copper (from Copper Amino Acid Chelate†††)	0.05 mg	2%	Cauliflower (Floret)	100 mg	**
Manganese (from Manganese Amino Acid Chelate†††)	2 mg	100%	Spirulina	100 mg	**
Chromium (from Chromium Amino Acid Chelate Complex†††)	200 mcg	170%	Chlorella	100 mg	**
Molybdenum (from Molybdenum Amino Acid Chelate Complex†††)	100 mcg	130%	Papaya Extract (Papain)	100 mg	**
Potassium (from Potassium Krebs Chelate, Amino Acid Chelate Complex†††)	99 mg	2%	Green Tea Extract (Leaf)	50 mg	**
Lutein (from Marigold Flower)	6 mg	**	Sprouted Barley Grass (Aerial Parts)	50 mg	**
Lycopene	6 mg	**	Wheat Grass (Aerial Parts)	50 mg	**
Zeaxanthin (from Marigold Flower)	1 mg	**	Bet Extract (Root)	50 mg	**
Inositol	100 mg	**	Apple Pectin	50 mg	**
Trace Elements Complex (from Red Seaweed)	100 mcg	**			
Strontium (from Strontium Citrate)	297 mcg	**			

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Cellulose, Sodium Carboxymethyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Glycerin, Hydroxypropyl Cellulose), Calcium Silicate. **Contains Wheat (Wheat Grass).**