

DR. MERCOLA®

WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

Dietary Supplement

240 Tablets

SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

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.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA
(877) 985-2696

Formula# 202344-240 / 84093832

10013-V800



8



Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	15		L-Cysteine and N-Acetyl L-Cysteine	150 mg	**
Total Carbohydrate	3 g	1%*	Betaine (from Betaine HCl)	114 mg	**
Vitamin A (as Beta Carotene)	1,500 mcg	167%	Chlorella (Chlorella vulgaris)	100 mg	**
Vitamin C (from Niacinamide Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	556%	Inositol	100 mg	**
Vitamin D ₃ (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Lemon Bioflavonoid Complex	100 mg	**
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%	Papain	100 mg	**
Thiamin (Vitamin B ₁) (as Thiamin HCl)	3 mg	250%	Rose Hips	100 mg	**
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Silica	100 mg	**
Niacin (as Niacinamide Ascorbate)	40 mg	250%	Spirulina (Arthrospira platensis)	100 mg	**
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	4 mg	235%	Apple Pectin	50 mg	**
Folate (from (6S)-5-Methyltetrahydrofolic Acid [Calcium Salt])	665 mcg DFE (Folic Acid equivalent 400 mcg)	166%	Bromelain	50 mg	**
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	4167%	Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins)	50 mg	**
Biotin	900 mcg	3000%	PABA (Para-Aminobenzoic Acid)	50 mg	**
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%	Hesperidin	35 mg	**
Choline (from Choline Bitartrate and Dihydrogen Citrate)	60 mg	11%	Rutin	25 mg	**
Calcium (from Calcium Citrate-Malate and Ascorbate)	250 mg	19%	Glutamic Acid	20 mg	**
Iodine (from Kelp)	200 mcg	133%	Grape Skin Extract	8 mg	**
Magnesium (from Magnesium Amino Acid Chelate Complex and Ascorbate)	500 mg	119%	Lutein (from Marigold (Tagetes erecta) (Flower))	6 mg	**
Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Lycopene (from Tomato (Fruit))	6 mg	**
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	364%	Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Zeaxanthin (from Marigold (Tagetes erecta) (Flower))	1 mg	**
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Strontium (from Strontium Citrate)	297 mcg	**
Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Trace Elements (from Red Seaweed)	100 mcg	**
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	222%	Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**
Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)	100 mg	2%			

Dr. Mercola's Fruit and Vegetable Blend 1,134 mg **
[Kale (Leaf), Spinach (Leaf, Stem), Carrot (Root), Blueberry (Fruit), Garlic Extract (Bulb), Broccoli (Whole Plant), Cauliflower (Whole Plant) Beet Extract (Root), Cranberry (Fruit), Blackberry (Fruit), Radish (Root), Apricot (Fruit), Celery (Leaf, Stalk)]

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

OTHER INGREDIENTS: Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).