

OTHER INGREDIENTS: Gelatin, Calcium Carbonate, Croscarmellose Sodium, Purified Water, Magnesium Stearate, MCT, Silica, Soy Lecithin, Magnesium Silicate, Potassium Citrate, Magnesium Oxide, Vegetable Stearic Acid, Calcium Citrate, Magnesium Aspartate, Potassium Aspartate.

DIRECTIONS: Take one capsule twice daily, preferably with a meal. Multiple servings per day result in better utilization of nutrients for optimum health. Keep tightly closed in a cool, dry place.

Capsules are easier to swallow than hard tablets and dissolve faster to assure maximum absorption. Unlike many tablets, each capsule is free of coatings and colors. No added sugars, salt, or preservatives.

Best if used by date shown on bottle.

MANUFACTURED BY TWINLAB CORPORATION
AMERICAN FORK, UT 84003 USA
1-800-645-5626 | www.twinlab.com



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TWINLAB®

Without
IRON

**DAILY TWO
CAPS™**

*Highest Potency Multiple Vitamin & Mineral
Supplement Rich in Antioxidant Vitamins C, E
& Beta-Carotene*

90 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%DV
Vitamin A (100% from beta carotene)	12500 IU	250%
Vitamin C (from ascorbic acid)	250 mg	417%
Vitamin D (from cholecalciferol)	200 IU	50%
Vitamin E (from d-alpha tocopheryl acid succinate)	200 IU	667%
Thiamin (from thiamin mononitrate)	12.5 mg	833%
Riboflavin	12.5 mg	735%
Niacin (from niacinamide)	50 mg	250%
Vitamin B6 (from pyridoxine hydrochloride)	12.5 mg	625%
Folic Acid	200 mcg	50%
Vitamin B12 (from cyanocobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (from d-calcium pantothenate)	25 mg	250%
Iodine (from potassium iodide)	75 mcg	50%
Zinc (from zinc picolinate)	15 mg	100%
Selenium (from sodium selenate)	100 mcg	143%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese gluconate)	2.5 mg	125%
Chromium (from chromium chloride)	100 mcg	83%
Molybdenum (from sodium molybdate)	75 mcg	100%
PABA	12.5 mg	†
Choline (from choline bitartrate)	12.5 mg	†
Inositol	12.5 mg	†

†Daily Value (DV) not established.