

**Directions:** Take 1 capsule daily with food, or as directed by a healthcare practitioner.

You may need additional supplements to support a healthy diet; consult your nutritionist for a formula that is right for you or contact us at 877-ASK-ZAHLER (877-275-9245) or ask@zahlers.com.

KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your healthcare practitioner.

Store in a cool, dry place, away from direct sunlight.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**WARNING:** Since this product contains Vitamin K2, discontinue use two weeks prior to surgery.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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# multi vitamin

## One Daily

Daily Multivitamin  
With 20 Vitamins & Minerals  
+Spectra™ Blend

**egan**

Dietary Supplement

60 Capsules



### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene and Refined Palmitate)	900 mcg	100%
Vitamin C (from PureWay-C™ Ascorbic Acid)	45 mg	50%
Vitamin D3 (As Cholecalciferol) (From Lichen) (Vegan)	50 mcg	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	7.5 mg	50%
Vitamin K2 (as Menaquinone-7)	90 mcg	75%
Thiamin (as Thiamine HCl)	1.2 mg	100%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	1.3 mg	100%
Niacin (as Inositol Hexanicotinate)	16 mg	100%
Vitamin B6 (as Pyridoxal-5-Phosphate)	1.7 mg	100%
Folate (as L-5-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	24 mcg	1,000%
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	4.5 mg	25%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (from Simag™ Magnesium Oxide)	42 mg	10%
Zinc (as Zinc Arginate Chelate) (TRACCS™)	11 mg	100%
Selenium (as Methylselenocysteine)	55 mcg	100%
Copper (as Copper Bisglycinate Chelate) (TRACCS™)	0.45 mg	50%
Manganese (as Manganese Bisglycinate Chelate) (TRACCS™)	1.15 mg	50%
Chromium (as Chrominex® 3+ Chromium stabilized with Capros® Amla Fruit Extract and Primavite® Shilajit Gum Resin Extract, Chromium Chloride Hexahydrate)	35 mcg	100%
Molybdenum (as Molybdenum Glycinate Chelate) (TRACCS™)	22.5 mcg	50%
Spectra™ Blend	100 mg	*
<small>Coffee Fruit Extract, Green Tea Leaf Extract, Broccoli Sprout, Onion Bulb Extract, Apple Fruit Extract, Quercetin, Acerola Fruit Extract, Tomato Fruit, Broccoli Floret and Stems, Cabbage Palm Fruit, Turmeric Root, Garlic Bulb, Basil Leaf, Oregano Leaf, Cassia Bark, Carrot Root, European Elder Fruit, Mangosteen Fruit, Camu Camu Fruit, Black Currant Fruit Extract, Blueberry Fruit Extract, Raspberry Fruit, Blackberry Fruit, Spinach Leaf, Aonola pranifolia Fruit, Collards Leaf, Sweet Cherry Fruit, Bilberry Fruit Extract, Bossica oleracea Var. gemmifera Sprout.</small>		
Paritelline	5 mg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (Capsule), Organic Rice Hull Concentrate.

Distributed by: Advanced Nutrition by Zahler  
Brooklyn, NY 11230 www.zahlers.com

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