

Directions: Take 2 capsules daily, preferably 1 capsule twice a day 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.

*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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PAREVE



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SUPERVISION OF
RABBI SH. STERN &
THE ORTHODOX
UNION



Non-GMO
GLUTEN FREE
DAIRY FREE
SOY FREE



Distributed by:
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ZAHLER



multi vitamin

Beauty

Daily Multivitamin
+Hair, Skin & Nails Support
With Arava & Silica



Dietary Supplement

60 Capsules



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Mixed Carotenoids)	900 mcg	100%
Vitamin C (from PUREWAY-C® Ascorbic Acid)	180 mg	200%
Vitamin D3 (As Cholecalciferol) (From Lichen) (Vegan)	40 mcg	200%
Vitamin E (as D-Alpha Tocopheryl Succinate)	15 mg	100%
Vitamin K (as Menaquinone-7)	120 mcg	100%
Thiamin (as Thiamine HCl)	0.6 mg	50%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	0.65 mg	50%
Niacin (as Inositol Hexanicolinate)	8 mg	50%
Vitamin B6 (as Pyridoxal-5-Phosphate)	0.85 mg	50%
Folate (as L-5-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	24 mcg	1,000%
Biotin	90 mcg	300%
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	6 mg	33%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Sinmag™)	84 mg	20%
Zinc (as Zinc Arginate)	5.5 mg	50%
Selenium (as Methylselenocysteine)	55 mcg	100%
Copper (as Copper Bisglycinate Chelate) (TRACAS™)	0.45 mg	50%
Manganese (as Manganese Bisglycinate Chelate) (TRACAS™)	1.15 mg	50%
Chromium (as Chromelox® 3+ Chromium stabilized with Capros® Amla Fruit Extract and PrimaVie® Shilajit Gum Resin Extract, Microcrystalline Cellulose, Chromium Chloride Hexahydrate)	70 mcg	200%
Molybdenum (as Molybdenum Amino Acid Chelate)	22.5 mcg	50%
ORGONO Living Silica™	100 mg	*
Ascoranthin (AstraPure®)	100 mg	*
Spectra™ Blend	100 mg	*
Colifer Fruit Extract, Green Tea Leaf Extract, Broccoli Sprout, Onion Bulb Extract, Apple Fruit Extract, Quercetin, Acerola Fruit Extract, Tomato Fruit, Broccoli Flower and Stems, Cabbage Palm Fruit, Turmeric Root, Garlic Bulb, Basil Leaf, Oregonia Leaf, Cassia Bark, Carrot Root, European Elder Fruit, Mangosteen Fruit, Carna Carna Fruit, Black Currant Fruit Extract, Blueberry Fruit Extract, Raspberry Fruit, Blackberry Fruit, Spinach Leaf, Aronia Anthocyanin Fruit, Canna Leaf, Sweet Cherry Fruit, Bilberry Fruit Extract, Okra and Okra Vag. germinata Sprout.		
Psyllium	2.5 mg	*

*Daily Value (DV) not established.

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

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