

Suggested Use: As a dietary supplement take one (2) capsules daily with food.



WARNING: Do not use if you are under 18 years of age. If you have any medical condition or you are currently using prescription medications, please consult your physician before taking this or any other dietary supplements. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

IRON 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 and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



BEAUTY INSIDE

Alani **SELFE**

MULTI-VITAMIN CAPSULES

IMMUNE SUPPORT*

ENERGY & FOCUS*

COMPLETE NUTRITION*

**DIETARY SUPPLEMENT
30 DAY SUPPLY
60 SOFT GELS**

Supplement Facts

Serving Size: 2 Softgels | Servings per Container:30

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	1,500mcg RAE	167%
Vitamin C (as Ascorbic Acid)	120 mg	133%
Vitamin D3 (as Cholecalciferol)	50mcg	250%
Vitamin E (as D-Alpha Tocopherol Acetate)	20mg	133%
Vitamin B1 (as Thiamine Mononitrate)	50mg	4,167%
Vitamin B2 (as Riboflavin)	50mg	3,846%
Vitamin B3 (as Niacinamide)	50mg	313%
Vitamin B5 (as D-Calcium Pantothenate)	50mg	1,000%
Vitamin B6 (as Pyridoxine HCl)	50mg	2,941%
Vitamin B9 (as Folic Acid)	667mcg DFE	166%
Vitamin B12 (as Cyanocobalamin)	500mcg	20,833%
Biotin	1,000mcg	3,333%
Calcium (as Calcium Carbonate)	50mg	4%
Iron (as Ferrous Fumarate)	18mg	100%
Iodine (from Kelp)	150mcg	100%
Magnesium (as Magnesium Oxide)	25mg	6%
Zinc (as Zinc Sulfate Monohydrate)	15mg	136%
Selenium (from yeast)	25mcg	45%
Copper (as Gluconate)	2mg	222%
Manganese (as Manganese Sulfate)	2mg	86%
Chromium (as Chromium Piccolinate)	200mcg	571%
Potassium (as Potassium Citrate)	32mg	1%
Inositol	10mg	**
Choline Bitartrate	10mg	**
Citrus Bioflavonoids (Citrus spp.)(Pee!)	10mg	**
Rutin	10mg	**
Boron (as Boron Citrate)	1mg	**
Coenzyme Q10	100mcg	**

*Daily Value (DV) Not Established

Distributed by:



Alani Nutrition LLC
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alaninu.com

Other Ingredients: Safflower Oil, Gelatin, Glycerin, Purified Water, Beeswax, Sunflower Lecithin, Caramel.

ALLERGEN WARNING: Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, shellfish, fish oil, tree nuts, and peanuts.