

## Recommendations:

Adults, as a dietary supplement, take two capsules daily.

Store in a cool dry place.

**WARNING:** If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing.

**KEEP OUT OF REACH OF CHILDREN.**

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**\*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.**

**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.**



REGULAR  
Girl

**MULTIVITAMIN**

*With 21 vitamins & minerals, helps support hair, skin, & nails\**

*Contains Vitamin B12 to help support energy production\**

*Contains highly bioavailable & gentle-on-the-stomach SunActive® Iron\**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 30

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	900 mcg RAE	100%	Calcium	130 mg	10%
Vitamin C (as calcium ascorbate)	180 mg	200%	(as calcium citrate and calcium AA chelate)		
Vitamin D3 (as cholecalciferol)	40 mcg	200%	Iron (as ferric pyrophosphate, SunActive® Iron)	18 mg	100%
Vitamin E (as d-alpha tocopherol)	15 mg	100%	Iodine (as potassium iodide)	150 mcg	100%
Thiamin (as thiamine hydrochloride)	1.2 mg	100%	Magnesium	84 mg	20%
Riboflavin	1.3 mg	100%	(as magnesium citrate and magnesium glycinate)		
Niacin (as niacinamide)	16 mg NE	100%	Zinc (as zinc citrate)	11 mg	100%
Vitamin B6 (as pyridoxal 5 phosphate)	1.7 mg	100%	Selenium (as selenomethionine)	55 mcg	100%
Folate	400 mcg DFE (120 mcg folic acid)	100%	Manganese (as manganese citrate)	2.3 mg	100%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%	Chromium (as chromium polynicotinate)	35 mcg	100%
Biotin	60 mcg	200%	Molybdenum (as molybdenum citrate)	45 mcg	100%
Pantothenic acid	5 mg	100%	Potassium	25 mg	<1%
(as calcium pantothenate)			(as potassium citrate)		

Other ingredients: Vegetable capsule (cellulose, water), Magnesium Stearate



GLUTEN FREE | NON-DAIRY | NON-GMO | BPA FREE BOTTLE  
SunActive® is a registered trademark of Taiyo International, Inc.

**60 VEGGIE CAPSULES**

Manufactured in Canada for:  
Regular Girl, Minneapolis, MN USA

[www.regulargirl.com](http://www.regulargirl.com)  
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