



Soft Gel Complete Multi

Soft Gel Complete Multi is an easy to swallow and readily absorbed multi-vitamin. Complete range of vitamins and minerals PLUS Co Q10, Garlic, RNA, DNA, Royal Jelly, Lecithin, Octacosanol and more!

Serving size: 1 softgel

Calories 5
 Calories from fat 5
 Total Fat 0.5% <1%

CONTENTS	% DAILY VALUE
Vitamin A (60% fish liver oil/40% beta-carotene) 5000 IU	100
Vitamin C (ascorbic acid) 150mg	250
Vitamin D (fish liver oil) 200 IU	50
Vitamin E (d-alpha tocopherol plus Beta, Gamma and Delta tocopherols) 150 IU	500
Vitamin B-1 (thiamine mononitrate) 25mg	1667
Vitamin B-2 (riboflavin) 25mg	1471
Niacin (niacinamide) 25mg	125
Vitamin B-6 (pyridoxine hcl) 25mg	1250
Folic Acid 200mcg	50
Vitamin B-12 (cyanocobalamin) 25mcg	417
Biotin 25mcg	8
Panthenic Acid (calcium panto.) 25mg	250
Calcium (carbonate/dical.phosphate) 100mg	10
Iron (ferrous fumarate) 7.5mg	42
Phosphorus (di-calcium phosphate) 25mg	3

CONTENTS	% DAILY VALUE
Iodine (from kelp) 75mg	50
Magnesium (oxide) 25mg	6
Zinc (citrate) 7.5mg	50
Selenium (as selenium yeast) 12.5 mcg	18
Copper (gluconate) 1mg	50
Manganese (sulfate) 5mg	250
Chromium (picolinate) 1.5mcg	2
Potassium (citrate) 15mg	<1%
Boron (amino acid chelate) 500 mg.	*
Rutin (buck wheat) 5mg	*
Citrus Bioflavonoids 15mg	*
Para-Aminobenzoic Acid 25mg	*
Royal Jelly 2.5mg	*
Choline Bitartrate 25mg	*
Inositol 25mcg	*
Garlic Oil 68 mg.	*
Lecithin 40mg	*
Octacosanol 5mcg	*
RNA/DNA Complex 2mg	*
Coenzyme Q10 50mcg	*
*%Daily Value not established.	

Other Ingredients: Soybean oil, Gelatin, purified water, glycerin mannitol, titanium dioxide color and caramel color.

Suggested Use: As a dietary supplement, take one (1) to two (2) capsules daily.

ALLERGENS: Contains wheat ingredients, soy and fish (gadus and shark)

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean fish.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

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.