



Vit-Min 75+ - 90 Tabs



- Item#: 3830
- Manufacturer SKU: 733739038302
- **Iron-Free**
- **Multi Vitamin & Mineral**
- **75 mg B-vitamin Complex**
- **A Dietary Supplement**

Our new Iron-Free Vit-Min 75+ tablets have been reformulated using the most recent research and updated recommended daily allowances. This classic multivitamin contains high potencies of a broad array of essential vitamins and minerals, along with other synergistic nutrients that enhance absorption and utilization. Look no further than NOW for your multivitamin needs, available in health food stores nationwide.

Nutrition Info

Serving Size: 1 Tablet

Servings Per Container:

| | Amount | % |
|---|--------------|-------|
| | Per | Daily |
| | Serving | Value |
| Beta-Carotene (as pro-Vitamin A 3 mg) | 5000 IU | 100% |
| Serving Size | 1 Tablet | |
| Vitamin A (from Retinyl Palmitate) | 10,000 IU | 200% |
| Vitamin C (as Calcium Ascorbate) | 250 mg | 417% |
| Vitamin D3 (as Cholecalciferol) | 400 IU | 100% |
| Vitamin E (from d-alpha Tocopheryl Succinate) | 150 IU | 500% |
| Thiamine (from Thiamine HCl) (Vit. B-1) | 75 mg | 5000% |
| Riboflavin (Vitamin B-2) | 75 mg | 4412% |

| | | |
|---|---------|-------|
| Niacin (as Niacinamide) | 75 mg | 375% |
| Vitamin B-6 (as Pyridoxine HCl) | 75 mg | 3750% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B-12 (as Cyanocobalamin) | 100 mcg | 1667% |
| Biotin | 100 mcg | 33% |
| Pantothenic Acid (from Calcium d-Pantothenate) | 75 mg | 750% |
| Calcium (from Calcium Carbonate, Calcium Citrate and Calcium Ascorbate) | 100 mg | 10% |
| Iodine (from Kelp) | 150 mcg | 100% |
| Magnesium (from Magnesium Oxide and Amino Acid Chelate) | 100 mg | 25% |
| Zinc (from Amino Acid Chelate) | 15 mg | 100% |
| Selenium (from Amino Acid Chelate) | 100 mcg | 143% |
| Copper (from Amino Acid Chelate) | 1 mg | 50% |
| Manganese (from Amino Acid Chelate) | 5 mg | 250% |
| Chromium (from AAC**) (Chelavite®) | 100 mcg | 83% |
| Molybdenum (from Amino Acid Chelate) | 50 mcg | 67% |
| Potassium (from Potassium Chloride) | 10 mg | <1% |
| Boron (from AAC**) | 500 mcg | |
| Choline (from Choline Bitartrate) | 50 mg | |
| Inositol | 50 mg | |
| Vanadium (from AAC**) | 50 mcg | |
| PABA | 30 mg | |
| Rutin | 25 mg | |
| Citrus Bioflavonoids (37% Bioflavonoids as Hesperidin) | 50 mg | |

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

details

Serving Size: 1 Tablet

Suggested Usage: As a dietary supplement, take 1 tablet daily with a meal.

Other Ingredients: Soy Lecithin, Rose Hips, Cellulose, Stearic Acid (vegetable source), Silica and Vegetable Coating.

Contains no: sugar, salt, starch, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Caution: If you are pregnant, may become pregnant, or are breast feeding, please consult your healthcare practitioner before using this product.

Chromium Chelavite® is a [registered trademark](#) of Albion Labs.

Natural color variations may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

AAC** = Amino Acid Chelate

Keep Bottle Tightly Sealed

Store in a cool, dry place. [Please Recycle.](#)