Suggested Usage: Take 3 softgels daily with food

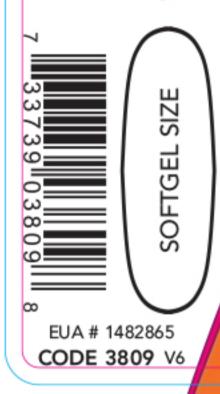
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: Accidental overdose of ironcontaining 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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.





Multi Vitamin & Mineral

- With 250 mg DHA per serving to support Healthy Eye and Brain Development*
- Plus Borage Oil (GLA)

90 Softgels





Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

| Calories Calories from Fat | 15 | |
|--|--------------------------------------|------------------|
| Calories from Fat | 45 | |
| Caronico ironi i ac | 15 | |
| Total Fat | 1.5 g | t |
| Vitamin A (100% as Beta-Carotene) | 5,000 IU | 63% |
| Vitamin C (from Calcium Ascorbate) | 120 mg | 200% |
| Vitamin D-3 (as Cholecalciferol) | 400 IU | 100% |
| Vitamin E (as d-alpha Tocopheryl Aceta | te) 100 IU | 333% |
| Vitamin K (as Menaquinone K2 and Phytonadione K1) | 35 mcg | t |
| Thiamin (Vitamin B-1) (from Thiamin H | ICI) 5 mg | 294% |
| Riboflavin (Vitamin B-2) | 5 mg | 250% |
| Niacin (Vitamin B-3) (as Niacinamide) | 13 mg | 65% |
| Vitamin B-6 (from Pyridoxine HCI) | 10 mg | 400% |
| Folate (as Folic Acid) | 800 mcg | 100% |
| Vitamin B-12 (as Methylcobalamin) | 500 mcg | 6250% |
| Biotin | 300 mcg | 100% |
| Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate) | 20 mg | 200% |
| Calcium | 400 mg | 31% |
| [from Calcium Carbonate (Aquamin@ Minerals), Calcium Citrate and Calc | Seaweed Doing Seaweed Doing Ascorbat | e] |
| Iron (from Ferrous Bisglycinate) (Ferrochel®) | 27 mg | 150% |
| lodine (from Potassium lodide) | 150 mcg | 100% |
| Magnesium (from Magnesium Oxide, Aquamin® Seaweed Derived Minerals a | 200 mg and Magnesiur | 44% n Citrate |
| Zinc (from Zinc Bisglycinate) (TRAACS | | 100% |

| since 1700. | | |
|--|--|-------------|
| Selenium (from Selenium Glycinate Complex) (Albion®) | 70 mcg | † |
| Copper (from Copper Bisglycinate) (TRAACS®) | 2 mg | 100% |
| Manganese (from Manganese Bisglycina (TRAACS®) | ite) 2 mg | † |
| Chromium (from Chromium Nicotinate Glycinate) (TRAACS®) | 120 mcg | Ť |
| Molybdenum (from Molybdenum Glycinate) (TRAACS®) | 75 mcg | † |
| Potassium (from Potassium Chloride) | 25 mg | |
| | | |
| Fish Oil Concentrate | 650 ma | t |
| Fish Oil Concentrate DHA (Docosahexaenoic Acid) | 650 mg 250 mg | † |
| Fish Oil Concentrate DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) | 650 mg 250 mg 90 mg | † |
| DHA (Docosahexaenoic Acid) | 250 mg | † † † |
| DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) | 250 mg 90 mg | † † † |
| DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) Borage Oil (Seed) | 250 mg 90 mg 125 mg | † † † |
| DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) Borage Oil (Seed) GLA (Gamma-Linolenic Acid) | 250 mg 90 mg 125 mg 25 mg | † † † † † |
| DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) Borage Oil (Seed) GLA (Gamma-Linolenic Acid) Choline (from Choline Bitartrate) | 250 mg 90 mg 125 mg 25 mg 10 mg | † † † |
| DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid) Borage Oil (Seed) GLA (Gamma-Linolenic Acid) Choline (from Choline Bitartrate) Inositol | 250 mg 90 mg 125 mg 25 mg 10 mg 10 mg | † † † † † |

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.
Contains fish (tuna, anchovies) and soy.

Quality Tested & Packaged by NOW FOODS 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

