

WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

CONVENIENT INDIVIDUAL A.M. & P.M. DAILY PACKS

SUGGESTED USE: Adults, as a dietary supplement, take contents of two (2) packets daily with food. Alternatively, take contents of one (1) packet with breakfast and one (1) packet with dinner.

Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	15		Dr. Mercola's Fruit and Vegetable Blend	1,134 mg	**
Total Carbohydrate	3 g	1%*	[Kale (Leaf), Spinach (Leaf, Stem), Carrot (Root), Blueberry (Fruit), Garlic (Bulb) Extract, Broccoli (Whole Plant), Cauliflower (Whole Plant), Beet (Root) Extract, Cranberry (Fruit), Blackberry (Fruit), Radish (Root), Apricot (Fruit), Celery (Leaf, Stalk)]		
Vitamin A (as Beta Carotene)	1,500 mcg	167%	L-Cysteine and N-Acetyl L-Cysteine	150 mg	**
Vitamin C (from Niacinamide Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg	556%	Betaine (from Betaine HCl)	114 mg	**
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Chlorella (<i>Chlorella vulgaris</i>)	100 mg	**
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%	Inositol	100 mg	**
Thiamin (Vitamin B1) (as Thiamin HCl)	3 mg	250%	Lemon Bioflavonoid Complex	100 mg	**
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Papain	100 mg	**
Niacin (as Niacinamide Ascorbate)	40 mg	250%	Rose Hips	100 mg	**
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg	235%	Silica	100 mg	**
Folate	665 mcg DFE	166%	Spirulina (<i>Arthrospira platensis</i>)	100 mg	**
[400 mcg Folic Acid equivalent (from (6S)-5-Methyltetrahydrofolic Acid, Calcium Salt)]			Apple Pectin	50 mg	**
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%	Bromelain	50 mg	**
Biotin	900 mcg	3000%	Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins)	50 mg	**
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%	PABA (Para-Aminobenzoic Acid)	50 mg	**
Choline (from Choline Bitartrate and Dihydrogen Citrate)	60 mg	11%	Hesperidin	35 mg	**
Calcium (from Calcium Citrate-Malate and Ascorbate)	250 mg	19%	Rutin	25 mg	**
Iodine (from Kelp)	200 mcg	133%	Glutamic Acid	20 mg	**
Magnesium (from Magnesium Amino Acid Chelate Complex and Ascorbate)	500 mg	119%	Grape Skin Extract	8 mg	**
Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Lutein [from Marigold (<i>Tagetes erecta</i>) (Flower)]	6 mg	**
Selenium (from Selenium Amino Acid Chelate Complex)	200 mcg	364%	Lycopene [from Tomato (Fruit)]	6 mg	**
Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Boron (from Boron Amino Acid Chelate Complex)	1.5 mg	**
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Zeaxanthin [from Marigold (<i>Tagetes erecta</i>) (Flower)]	1 mg	**
Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Strontium (from Strontium Citrate)	297 mcg	**
Molybdenum (from Molybdenum Amino Acid Chelate Complex)	100 mcg	222%	Trace Elements (from Red Seaweed)	100 mcg	**
Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)	100 mg	2%	Vanadium (from Vanadium Amino Acid Chelate Complex)	50 mcg	**

OTHER INGREDIENTS: Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF PACKETS ARE TORN OR DAMAGED.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.



WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

- Convenient side by side individually wrapped packets for AM and PM dosing
- Contains whole food concentrates and a variety of essential vitamins, minerals, carotenoids, bioflavonoids, amino acids, enzymes, and herbs
- Formulated with a special blend of vegetables and fruits to support optimal health[†]
- Includes essential minerals in high absorption, chelated form[†]
- Packet film is made from biodegradable, compostable cellulose
- Perfect for travel!

[†]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.

DR. MERCOLA®

WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

CONVENIENT INDIVIDUAL
A.M. & P.M. DAILY PACKS

Dietary Supplement
30 Dual Packs • 240 Tablets



"I am passionate about formulating my products using a holistic approach for optimal health and wellness."

-Dr. Joseph Mercola



- **Premium Products** – Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.
- **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

