



BACK TO THE BOOK
NUTRITION

DAILY FOUNDATION CAPSULE FORMULA PLUS VITAMIN K

MULTIPLE VITAMIN/MINERAL/TRACE
ELEMENT SUPPLEMENT
IRON-FREE


180 CAPSULES

Supplement Facts

Serving Size 6 Capsules • Servings Per Container 30

Amount Per 6 Capsules	% Daily Value	Amount Per 6 Capsules	% Daily Value
Vitamin A (67% (5,000 I.U.) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 33% (2,500 I.U.) as vitamin A palmitate)	7,500 I.U. 150%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as ascorbic acid)	750 mg 1250%	Magnesium (75% as dimagnesium malate and 25% as TRAACS® magnesium bisglycinate chelate***)	250 mg 63%
Vitamin D ₃ (as cholecalciferol)	1,000 I.U. 250%	Zinc (as zinc arginate chelate***)	15 mg 100%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy	400 I.U. 1333%	Selenium (as L-selenomethionine)	200 mcg 286%
Vitamin K (67% as vitamin K ₁ phytonadione and 33% as vitamin K ₂ menaquinone-7)	60 mcg 75%	Copper (as copper bisglycinate chelate***)	2 mg 100%
Thiamine (as thiamine hydrochloride)	50 mg 3333%	Manganese (as manganese bisglycinate chelate***)	2 mg 100%
Riboflavin (as riboflavin)	25 mg 1471%	Chromium (as chromium nicotinate glycinate***)	200 mcg 167%
Niacin (75% as niacinamide and 25% as niacin)	100 mg 500%	Molybdenum (as molybdenum glycinate chelate***)	150 mcg 200%
Vitamin B ₆ (as pyridoxine hydrochloride)	25 mg 1250%	Boron (as boron aspartate-citrate)	2 mg *
Folate (as Metafolin®** L-5-methyltetrahydrofolate)	800 mcg 200%	Vanadium (as bisglycinate oxovanadium)	100 mcg *
Vitamin B ₁₂ (as methylcobalamin)	200 mcg 3333%	Choline (as choline bitartrate)	100 mg *
Biotin	300 mcg 100%	Inositol	25 mg *
Pantothenic Acid (as d-calcium pantothenate)	150 mg 1500%	<i>para</i> -Aminobenzoic Acid	50 mg *
Calcium (91% as calcium citrate-malate and 9% as d-calcium pantothenate)	192 mg 19%	Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg *

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, L-leucine, and natural citrus flavor.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany 

***Albion® Laboratories

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Suggested Use: Adults: 6 capsules with food or as directed by a healthcare professional. Children 4 to 14 years: Take up to 3 capsules daily. Children less than 4 years of age: As directed by a healthcare professional.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.



Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and yeast. Contains no artificial colors, flavors or preservatives.