



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 (as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> )	2,250 mcg RAE 250%	Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as L-ascorbic acid)	750 mg 833%	Magnesium (75% as dimagnesium malate and 25% as TRAACS® magnesium bisglycinate chelate††)	250 mg 60%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg 125%	Zinc (as TRAACS® zinc arginate chelate††)	15 mg 136%
Vitamin E (87% as RRR-alpha tocopheryl acid succinate, 13% as RRR-alpha-tocopherol)	268 mg 1,787%	Selenium (as L-selenomethionine)	200 mcg 364%
Vitamin K (67% as vitamin K <sub>1</sub> (phytonadione) and 33% as vitamin K <sub>2</sub> (menaquinone-7))	60 mcg 50%	Copper (as TRAACS® copper bisglycinate chelate††)	2 mg 222%
Thiamin (as thiamin HCl)	50 mg 4,167%	Manganese (as TRAACS® manganese bisglycinate chelate††)	2 mg 87%
Riboflavin	25 mg 1,923%	Chromium (as TRAACS® chromium nicotinate glycinate chelate††)	200 mcg 571%
Niacin (75% as niacinamide, 25% as niacin)	100 mg NE 625%	Molybdenum (as TRAACS® molybdenum glycinate chelate††)	150 mcg 333%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg 1,471%	Boron (as boron aspartate-citrate complex)	2 mg *
Folate (as Metafolin®‡ calcium L-5-methyltetrahydrofolate)	1360 mcg DFE 340% (800 mcg)	Vanadium (as bisglycinate oxovanadium)(BGOV)	100 mcg *
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg 8,333%	Inositol	25 mg *
Biotin (D-biotin)	300 mcg 1,000%	<i>para</i> -Aminobenzoic Acid	50 mg *
Pantothenic Acid (as calcium D-pantothenate)	150 mg 3,000%	Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid extract ( <i>Citrus aurantium</i> )(fruit/peel)(standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract)(fruit))	100 mg *
Choline (as choline bitartrate)	100 mg 18%	Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)	8 mg *
Calcium (91% as calcium citrate-malate complex and 9% as calcium D-pantothenate)	188 mg 14%	Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i> )	50 mcg *

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, ascorbyl palmitate, and natural citrus flavor.

Manufactured for: **Nutrition By The Book LLC**  
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**Free of the following common allergens:** milk/casein, eggs, fish, shellfish, tree nuts, peanuts, and wheat. Contains no artificial colors, flavors or preservatives.

**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 or as directed by a healthcare professional. Children less than 4 years of age: As directed by a healthcare professional.

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

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

