Conforms to USP <2091> for weight. Meets USP <2040> disintegration. No Artificial Colors, No Dairy,

* 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.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

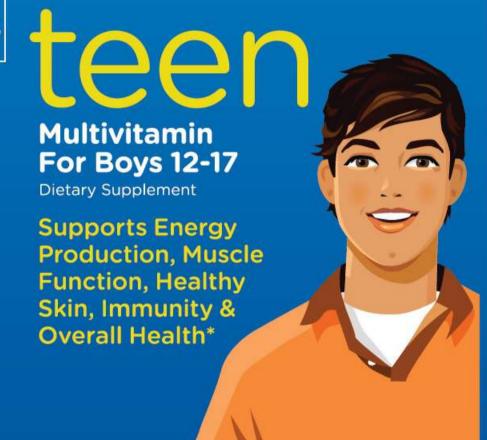
For More Information: 1-888-462-2548

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Distributed by: **General Nutrition Corporation** Pittsburgh, PA 15222 USA



GNC milestones*



120 CAPLETS

CODE 200812

Directions: As a dietary supplement, take two caplets daily with food, **Supplement Facts**

Serving Size Two Caplets Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta-Carotene) Vitamin C(as Ascorbic Acid & Calcium Ascorbate)	120 mg 133%
Vitamin D-3 (as Cholecalciferol) Vitamin E (as d-alpha Tocopheryl Succina	.10 mcg (400 lU) 50% ate) 24.79 mg 165%
Vitamin K (as Phytonadione) Thiamin (Vitamin B-1) (as Thiamin Monor Riboflavin (Vitamin B-2)	nitrate) 4.5 mg 375% 5.1 mg 392%
Niacin (as Niacinamide) Vitamin B-6 (as Pyridoxine Hydrochloride Folate) 6 mg 353% 667 mcg DFE 167%
Vitamin B-12 (as Cyanocobalamin) Biotin	300 mcg 1000%
Pantothenic Acid (as Calcium d-Pantothei Choline (as Choline Bitartrate) Calcium (as Calcium Carbonate, Dicalcium	50 mg 9%
Phosphate, Calcium Ascorbate, Calcium Iron (as Hydrolyzed Protein Chelate)	D-Pantothenate)

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate)	50 mg 4%
lodine (as Potassium lodide)	
Magnesium (as Magnesium Oxide)	
Zinc (as Zinc Oxide)	15 mg 136%
Selenium (as Selenium Yeast)	
Copper (as Cupric Sulfate)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Chromium Yeast)	120 mcg 343%
Molybdenum (as Molybdenum Yeast)	
Chloride (as Potassium Chloride)	
Potassium (as Potassium Chloride)	50 mg 1%
Cranberry Fruit Concentrate(Vaccinium macrocarpon)	esticost (1000 × 61 Paper 1 1) © 5- × 60 p × 60
Inositol	
Flax Seed Hulls (Linum usitatissimum)	50 mg
rate occurrance (minute) included in the control of	
Apple Fruit Extract (Malus pumila) Blueberry Fruit Powder(Vaccinium corymbosum)	
Apple Fruit Extract (<i>Malus pumila</i>)Blueberry Fruit Powder	10 mg
Apple Fruit Extract (Malus pumila) Blueberry Fruit Powder(Vaccinium corymbosum)	10 mg

DSG

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides,

Polyethylene Glycol, Polysorbate 80, Caramel Color, Ethyl Vanillin.

CONTAINS: Soybeans and Wheat.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery,

WARNING: Accidental overdose of iron-containing 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.