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DeltaGold® is a registered trademark of American River Nutrition, LLC and protected by US Patent Numbers 6,350,453 and 8,586,109.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A. 

**Warning:** If taking a blood-thinning medication, consult a health care practitioner before using.

**STORE AT ROOM TEMPERATURE.**



## 2/A Day Multi

Simplified Multivitamin/Mineral



Dietary Supplement  
Professional Use Only  
60 Vegetarian Capsules

**Recommended Use:** Take two capsules per day with meals, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids)	960 mcg RAE 107%	Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 240%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin K (as K1 Phytoladione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9)	120 mcg 100%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Thiamin (Vitamin B-1)(as Thiamin HCl)	2.3 mg 192%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Riboflavin (Vitamin B-2)	2.8 mg 215%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Niacin (as Niacinamide and Niacin)	50 mg NE 313%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Boron (as Bororganic Glycine)	2 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%		
Biotin (as d-Biotin)	30 mcg 100%		

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.



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