

## Multitam Multivitamin



### Each Caplet Contains:

Vitamin A (as retinyl acetate)	1500 mcg (5000 IU)
Vitamin C (as ascorbic acid)	120 mg
Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)
Vitamin E (dl-alpha tocopheryl acetate)	30 mg (30IU)
Thiamin (as thiamine mononitrate)	3 mg
Riboflavin (vitamin B2)	3.4 mg
Niacin (as niacinamide)	20 mg
Vitamin B6 (as pyridoxine hydrochloride)	20 mg
Folate (as folic acid)	1700 mcg DFE (1000 mcg folic acid)
Vitamin B12 (as cyanocobalamin)	8 mcg
Calcium (as calcium carbonate)	200 mg
Magnesium (as magnesium oxide)	200 mg
Zinc (as zinc oxide)	25 mg
Selenium (as selenium amino acid chelate)	55 mcg
Manganese (as manganese sulfate)	2.3 mg
Chromium (as chromium polynicotinate)	35 mcg
Molybdenum (as molybdenum amino acid chelate)	45 mcg

### Other Ingredients:

Organic cocoa powder, croscarmellose sodium, crospovidone, magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid. Clear coating: (hydroxypropyl methylcellulose, PEG-8).

**NDC: 59088-0525-54**

Multitam™ is indicated to provide vitamin supplement to men and women. Folic acid is effective in the treatment of megaloblastic anemias due to a deficiency of folic acid (as may be seen in tropical or nontropical sprue) and in anemias of nutritional origin, pregnancy, infancy, or childhood.

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Multitam Multivitamin

