



Daily Multi

PureGels® Daily Multi is an advanced multivitamin and multimineral formulation containing twenty-five of the nutrients your body needs most to function at an optimal level. It provides the full spectrum of B-complex vitamins and the antioxidant support of Vitamins A, C, and E, to maintain daily life balance.*

To learn more, check out www.puregels.com/DailyMulti

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

PureGels® Natural Supplements - Essential Balance for Body and Mind™

PureGels® Nutraceuticals • PMB 463 • 9911 Paramount Blvd. • Downey, CA 90240 • 800.678.4692 • puregels.com

Daily Multi

Provides Antioxidant and Daily Nutritional Support*

Dietary Supplement • 60 Soft Gels

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Caution: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Adults: Do not exceed 10,000 IU of Vitamin A daily.
Pregnant Women and Women of Child Bearing Age: Do not exceed 8,000 IU of Vitamin A daily, except under the advice of a physician. Everyone should limit excessive Vitamin A intake to avoid serious adverse effects.

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Storage: KEEP OUT OF THE REACH OF CHILDREN. Keep tightly closed in a cool dry place.

ChromeMate® is a registered trademark of InterHealth Nutraceuticals.

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Supplement Facts

Serving Size 1 Soft Gel

Amount per 1 Soft Gel	% Daily Value*	
Total Fat	0 g	0%
Trans Fat	0 g	0%
Vitamin A (as Beta-carotene)	10000 IU	200%
Vitamin D-3 (Cholecalciferol)	400 IU	100%
Vitamin C (Ascorbic Acid)	150 mg	250%
Vitamin E (d-alpha tocopherol)	100 IU	333%
B-1 (Thiamin)	25 mg	1666%
B-2 (Riboflavin)	25 mg	1470%
B-3 (Niacin)	25 mg	125%
B-6 (Pyridoxine HCl)	25 mg	1250%
B-12 (Cyanocobalamin)	100 mcg	1666%
Pantothenic Acid	25 mg	250%
Biotin	100 mcg	30%
Folic Acid	400 mcg	100%
Calcium (Carbonate, Citrate)	50 mg	5%
Magnesium (Oxide, Aspartate)	25 mg	8%
Zinc (Picolinate)	10 mg	70%
Copper (Gluconate)	0.5 mg	25%
Manganese (Gluconate)	3 mg	150%
Iron (Ferrous Fumarate)	5 mg	30%
Iodine (Kelp)	150 mcg	100%
Choline (Bitartrate)	25 mg	†
Inositol	25 mg	†
Selenium (Selenomethionine)	100 mcg	†
Chromium (ChromeMate®)	100 mcg	†
Molybdenum (Chelate)	100 mcg	†
Potassium	5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Other Ingredients: Soybean oil, gelatin, glycerin, purified water, carob extract concentrate, yellow beeswax, titanium dioxide.

Contains: Corn and Soy.

Does Not Contain: Yeast, Added Sugars, Sodium, Artificial Flavors, or Preservatives.

Directions: Take one soft gel a day with a meal, or as recommended by your health care professional.

Code #4971

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Manufactured by PureGels® Nutraceuticals Downey, CA 90240