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Other ingredients: Purified water, natural vegetable glycerin, apple juice concentrate, lemon crème flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

Manufactured in Canada for: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 2 teaspoons daily, with a meal.

WARNING: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



®FloraGLO is a registered trademark for Kemin Industries, Inc.



ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth, N.I.

Gluten-free, Non-GMO

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 200530



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Liquid Multivitamin

Dietary Supplement

Liquid multivitamin/mineral with fruit and vegetable blend for daily wellness†



7.8 fl oz (230ml)

Supplement Facts

Serving size 2 teaspoons (10 ml)
Servings per container 23

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	15	Chromium.....	200 mcg 571%
Total Carbohydrate.....	4 g 1% [^]	[as chromium polynicotinate]	
Vitamin A (as beta carotene).....	300 mcg 33%	Molybdenum.....	75 mcg 167%
Vitamin C (as ascorbic acid).....	100 mg 111%	[as molybdenum citrate]	
Vitamin D3.....	20 mcg (800 IU) 100%		
[as cholecalciferol] (from lichen)			
Vitamin E.....	20 mg 134%	Boron (as boron glycinate).....	0.7 mg *
[as d-alpha tocopherol acetate]		Lutein (FloraGLO®).....	3 mg *
Thiamin (as thiamin HCl).....	7.5 mg 625%	Fruit and Vegetable	
Riboflavin.....	4 mg 308%	Powder Blend (Organic).....	150 mg *
[as riboflavin-5-phosphate]		Strawberry fruit, tart cherry fruit, blackberry	
Niacin (as niacinamide).....	25 mg 156%	fruit, blueberry fruit, raspberry fruit, beet root,	
Vitamin B6 (as pyridoxine HCl).....	5 mg 294%	carrot root, spinach leaf, broccoli stem and	
Biotin.....	400 mcg 1,333%	floret, tomato fruit, kale leaf, cabbage leaf,	
Pantothenic Acid.....	20 mg 400%	parsley leaf, brussels sprout edible head,	
[as calcium pantothenate]		green bell pepper fruit, cucumber whole fruit,	
Calcium (as calcium citrate).....	40 mg 3%	celery stalk, garlic bulb, ginger root, green	
Iodine (as potassium iodide).....	75 mcg 50%	onion, cauliflower curd, asparagus stalk	
Magnesium.....	20 mg 5%		
[as magnesium citrate]			
Zinc (as zinc gluconate).....	12 mg 109%		
Manganese.....	1 mg 43%		
[as manganese gluconate]			

*Daily Value (DV) not established.
[^]Percent daily values are based on a 2,000 calorie diet