

Recommended Adult Dose: Take one tablespoon daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your healthcare practitioner. Shake well before each use. **Warning:** Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, taking blood thinners or any medication, or have any health condition. **CAUTION:** Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. **THIS PRODUCT IS NOT INTENDED FOR INFANTS.** The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 20 mcg (800 IU) of vitamin D per dose. Use only if safety seal is intact. Store in a cool, dry place. Keep out of reach of children.



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†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.

Spot UV Location

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v1 122A-450U



Made in Canada for
Seroyal USA
Pittsburgh, PA 15275
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GENESTRA
BRANDS®

Liquid Multi Vite Min

Dietary Supplement

Natural Lemon-Cardamom Flavor

Multivitamin/Mineral Formula for daily wellness†

15.2 FL OZ (450 ML)

Supplement Facts

Serving Size 1 Tablespoon (15 ml)
Servings per Container 30

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	4 g	1% [^]
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha tocopherol)	15 mg	100%
Thiamin (as thiamin hydrochloride)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B ₁₂ (as hydroxocobalamin acetate/ methylcobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-panthenol)	10 mg	200%
Choline (as choline chloride)	55 mg	10%
Calcium (as calcium lactate)	65 mg	5%
Iodine (as potassium iodine)	150 mcg	100%
Magnesium (as magnesium gluconate)	20 mg	5%

	Amount Per Serving	% DV
Zinc (as zinc citrate)	20 mg	182%
Selenium (as sodium selenate)	100 mcg	182%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese gluconate)	2.5 mg	109%
Chromium (as chromium nicotinate)	100 mcg	286%
Molybdenum (as molybdenum citrate)	50 mcg	111%
Chloride (as choline chloride)	20 mg	1%
Potassium (as potassium gluconate)	50 mg	1%
Vitamin K ₂ (as menaquinone-7)	20 mcg	*
Vanadium (as vanadium citrate)	100 mcg	*
Inositol	5 mg	*
Lutein (from <i>Tagetes erecta</i> herb flowering oleoresin)	5 mg	*
Zeaxanthin (from <i>Tagetes erecta</i> herb flowering oleoresin)	1 mg	*

* Daily Value (DV) not established

[^] Percent Daily Values are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, natural flavors, citric acid, medium chain triglycerides, xanthan gum, potassium sorbate, rebudioside A (stevia leaf extract), rosemary leaf extract, natural mixed tocopherols