

# Compare Your Multiple

To: **Omnivite**



www.Nutrition-Testing.com  
 Karl Mincin  
 Nutritionist  
 360-336-2616

Plz bring completed form to appt. or return w/ packet

**Each 2 tablets or 3 capsules contain:**

Amount Per Serving	% Daily
Vitamin A (5,000 IU as Retinol, 5,000 IU as Betatene) (Betatene is comprised of Beta-Carotene, with full spectrum Carotenoids including Alpha-Carotene, Zeaxanthin, Cryptoxanthin, Lutein, and Lycopene)	10,000 IU
Vitamin C (as Calcium Ascorbate)	333 mg
Vitamin D-3 (as Cholecalciferol)	500 IU
Vitamin E (as Mixed Tocopherols Complex)	100 IU
Vitamin K (as Phytonadione)	333 mcg
Vitamin K2 MK-7	35 mcg
Vitamin B-1 (as Thiamine HCl)	25 mg
Vitamin B-2 (as Riboflavin)	17 mg
Vitamin B-3 (50% as Niacin/50% as Niacinamide)	66 mg
Vitamin B-6 (as 33 mg Pyridoxine HCl/ 0.7 mg Pyridoxal-5-Phosphate Complex)	33.7 mg
Folate (as L-5-MTHF)	800 mcg
Vitamin B-12 (as Methylcobalamin)	333 mcg
Biotin	100 mcg
Vitamin B-5 (as Calcium Pantothenate)	200 mg
Calcium (50% Ca Citrate/50% Ca Aspartate)	126 mg
Iodine (from Organic Kelp)	67 mcg
Magnesium (from Aspartate)	167 mg
Zinc (50% Picolinate/50% ZnAACC)	14 mg
Selenium (from Selenium AACC)	67 mcg
Copper (from Copper AACC)	0.7 mg
Manganese (from Manganese AACC)	7 mg
Chromium (from Chromium AACC)	67 mcg
Molybdenum (from Molybdenum AACC)	17 mcg
Potassium (from Potassium AACC)	33 mg
Vitamin B-10 (Para-Aminobenzoic Acid)	17 mg
Choline (from 50% as Choline Citrate/ 50% as Choline Bitartrate)	21 mg
Inositol	50 mg
Citrus Bioflavonoids	67 mg
Rutin	7 mg
Hesperiden	7 mg
Boron (from Boron Citrate)	1 mg
Vanadium (from Vanadium AACC)	17 mcg
Silica	167 mcg
Strontium (Citrate)	1 mg
Bromelain (3000 GDU/gm)	33 mg
Iron (available with or without)	10 mg

\*Daily Value not established

Asp/Asc = Aspartate/Ascorbate

AACC = Amino Acid Chelate Complex

Multiple Vitamin Worksheet

Please send a copy of your completed Worksheet to Karl Mincin

1 REVISED Formula 2014 (360) 770-8486

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