

# dotFIT VeganMV



## SUPPLEMENT FACTS

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	6000 mcg (10000 IU)	667%
Vitamin C (from Magnesium Ascorbate)	200 mg	222%
Vitamin D-2 (as Ergocalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	82.64 mg (100 IU)	551%
Vitamin K-1 (as Phytonadione)	25 mcg	21%
Vitamin K-2 (as Menaquinone-7)	25 mcg	21%
Vitamin B-1 (as Thiamine Mononitrate)	6 mg	500%
Vitamin B-2 (as Riboflavin)	6 mg	462%
Vitamin B-3 (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	6 mg	353%
Folate	333mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	15 mcg	625%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Iron (from Ferrous Fumarate)	15 mg	83%
Iodine (from Potassium Iodide)	50 mcg	33%
Magnesium (from Magnesium Ascorbate)	50 mg	12%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Sodium Selenite)	50 mcg	91%
Copper (from Copper Bisglycinate Chelate)	1 mg	111%
Chromium (from Chromium Picolinate)	100 mcg	286%

### Who is this for?

- Vegans and those who follow primarily a plant based diet.
- Those interested in filling nutritional gaps commonly found in vegan diets when compared to current recommended dietary allowances (RDAs) or levels of nutrients and other important bio-actives.
- Vegans seeking to fill nutrient gaps, support health, aging and daily recovery with a superiorly formulated multivitamin and mineral.

### What makes this product unique?

- This formula contains amounts of key ingredients typically lacking in a vegan diet, including vitamin B12, vitamin D2, iron, iodine and zinc.
- Controlled released delivery system
- Third party tested
- Part of the dotFIT Vegan line

### How should I take this?

- One (1) tablet per day with food