



PRESS PROOF APPROVALS & RECORDS



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KEEP OUT OF REACH OF CHILDREN.  
USE ONLY IF SAFETY SEAL IS INTACT.



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**Suggested Use:** Take 1 capsule, once or twice daily with a meal, or as directed by your healthcare practitioner.

**Warning:** If you are pregnant or nursing, taking medication, or have a medical condition, consult your healthcare practitioner before use.

**Gluten-Free and Hypoallergenic. Non-GMO.**



### Minimal and Essential®

Multivitamin/mineral formula for daily wellness<sup>†</sup>

DIETARY SUPPLEMENT

90 VEGETARIAN CAPSULES

#### Supplement Facts

Serving Size: 1 capsule  
Servings Per Container: 90

	Amount Per Serving	%DV <sup>*</sup>
Vitamin A (as 67% beta carotene and 33% acetate)	3,760mcg RAE	418%
Vitamin C (as ascorbic acid)	375mg	417%
Vitamin D3 (as cholecalciferol)	10mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	62mg	413%
Thiamin (as thiamin HCl)	25mg	2,083%
Riboflavin	25mg	1,923%
Niacin (as niacinamide)	25mg	156%
Vitamin B6 (as pyridoxine HCl)	25mg	1,471%
Folate (as L-5-methyltetrahydrofolate)	340mcg DFE (200mcg folic acid)	85%
Vitamin B12 (as methylcobalamin)	200mcg	8,333%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	25mg	500%
Zinc (as zinc citrate)	10mg	91%
Selenium (as selenomethionine)	125mcg	227%
Copper (as copper glycinate)	1mg	111%
Manganese (as manganese citrate)	5mg	217%
Chromium (as chromium polynicotinate)	100mcg	286%
Grape Extract (Vitis vinifera, seed, standardized to 85% polyphenols)	50mg	*

\* Daily Value (DV) not established

Other Ingredients: Vegetarian Capsule (cellulose), Silica, Ascorbyl Palmitate, Cellulose.

MANUFACTURED BY **VITAL NUTRIENTS**

45 KENNETH DOOLEY DRIVE, MIDDLETOWN, CT 06457 USA

†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.

Learn more about our quality commitment at [vitalnutrients.co](http://vitalnutrients.co)

Part Number	VN.ME.REV03
Description	VN.ME.REV03_2.5x6.75_FINAL_OUTLINED
Die/Tooling	(Z06) H 2.5000 x W 6.7500
Material	White Poly (Removable)
Finish	Gloss Finish

100% TARGETS

CYAN

MAGENTA

YELLOW

BLACK

50% TARGETS

CYAN

MAGENTA

YELLOW

BLACK

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Customer	Blueroot Health
Proof Output File	VN.ME.REV03_2.5x6.75_FINAL_OUTLINED.pdf
Proof Output Date	Thursday, August 7, 2025
Signature	
Signature Date	08/11/25


# VN.ME.REV03 - VN.ME.REV03\_2.5x6.75\_FINAL\_OUTLINED - DigitalProof

Final Audit Report

2025-08-11

Created:	2025-08-11
By:	Amy Pena (apena@blueroothealth.co)
Status:	Signed
Transaction ID:	CBJCHBCAABAAADxBCKu10bPgEkJpwM5oM0Ud8sh4IWYpx

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-  Document created by Amy Pena (apena@blueroothealth.co)  
2025-08-11 - 3:47:03 PM GMT
-  Document emailed to John Troup (jtroup@blueroothealth.co) for signature  
2025-08-11 - 3:47:08 PM GMT
-  Email viewed by John Troup (jtroup@blueroothealth.co)  
2025-08-11 - 8:29:44 PM GMT
-  Document e-signed by John Troup (jtroup@blueroothealth.co)  
Signature Date: 2025-08-11 - 8:29:58 PM GMT - Time Source: server
-  Agreement completed.  
2025-08-11 - 8:29:58 PM GMT