

**store sealed in a cool dry place**

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

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

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

**Free From:** Gluten, Dairy, Peanut, Tree Nut, Fish, Shellfish, Soy, Sesame, Egg, Artificial Flavors, Colors, Sweeteners, and Unnecessary Excipients.

**Non-GMO.**

<sup>†</sup>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](https://vitalnutrients.co)

# Minimal and Essential<sup>®</sup>

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

DIETARY SUPPLEMENT

**180 CAPSULES**

Supplement Facts		
Serving Size: 1 capsule Servings Per Container: 180		
	Amount Per Serving	%DV
Vitamin A (as 67% beta carotene and 33% acetate)	3760mcg 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	2083%
Riboflavin	25mg	1923%
Niacin (as niacinamide)	25mg	156%
Vitamin B6 (as pyridoxine HCl)	25mg	1471%
Folate (as L-5-methyltetrahydrofolate)	340mcg DFE (200mcg folic acid)	85%
Vitamin B12 (as methylcobalamin)	200mcg	8333%
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 ( <i>Vitis vinifera</i> , 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






Part Number	VN.MEE.REV02
Description	VN.MEE.REV02_3.125x8.25_FINAL_OUTLINED
Die/Tooling	(Z484) H 3.1250 x W 8.2500
Material	White Poly (Removable)
Finish	Gloss Finish

The diagram illustrates the color targets for two different color gamuts. On the left, the '100% TARGETS' section shows four color patches: Cyan, Magenta, Yellow, and Black. On the right, the '50% TARGETS' section shows four color patches: Cyan, Magenta, Yellow, and Black. The patches are arranged in a row, with the 100% targets on the left and the 50% targets on the right.

PLEASE REVIEW  
BEFORE SIGNING

Please review all artwork for design, spelling, and all other content based edits. Please SIGN in appropriate box to the right (signature will be accepted as full approval to proceed with production of any open orders.). Labels larger than the available area on this proof may not be to scale. Color may shift when laminated or coated during the finishing process. Please request finished proofs if final color is critical.

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 Customer	Blueroot Health
 Proof Output File	VN.MEE.REV02_3.125x8.25_FINAL_OUTLINED.pdf
 Proof Output Date	Monday, December 23, 2024
 Signature	<u>John Troup</u> John Troup (Dec 24, 2024 08:27 EST)
 Signature Date	12/24/24

# VN.MEE.REV02 - VN.MEE.REV02\_3.125x8.25\_FINAL\_OUTLINED - DigitalProof

Final Audit Report

2024-12-24

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## "VN.MEE.REV02 - VN.MEE.REV02\_3.125x8.25\_FINAL\_OUTLINED - DigitalProof" History

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