



BASICALLY VITAMINS

COMPLETE MICRONUTRIENT POWDER



Hypoallergenic · Vegan
Gluten-Free · Soy-Free
Nut-Free · Dairy-Free

NET WT 14 oz (400g)



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SUPPLEMENT FACTS

Serving Size 2g (1 level teaspoon)
Servings Per Container 200

Amount Per Serving	%DV*
Vitamin A (75% as Beta Carotene, 25% as Retinyl Acetate)	900 mcg 100%
Vitamin C (as Ascorbic Acid)	90 mg 100%
Vitamin D (as Cholecalciferol from algae)	20 mcg 100%
Vitamin E (as D-Alpha Tocopherol)	7.5 mg 50%
Vitamin K (50% as Phytonadione, 25% as Menaquinone-7, 25% as Menaquinone-4)	60 mcg 50%
Thiamin (as Thiamine Hydrochloride)	1.2 mg 100%
Riboflavin (as Riboflavin)	1.3 mg 100%
Niacin (50% as Niacinamide, 50% as Nicotinic Acid)	16 mg 100%
Vitamin B6 (50% as Pyridoxine Hydrochloride, 50% as Pyridoxal 5-Phosphate)	1.7 mg 100%
Folate (as Calcium L-5-Methyltetrahydrofolate)	100 mcg 25%
Vitamin B12 (as Methylcobalamin)	2.4 mcg 100%
Biotin (as D-Biotin)	30 mcg 100%
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg 100%
Choline (as Choline L-Bitartrate)	137.5 mg 25%
Iron (as Ferrous Fumarate)	2.25 mg 12%
Iodine (as Potassium Iodide)	75 mcg 50%
Zinc (as Zinc Glycinate)	5.5 mg 50%
Selenium (as Selenium Citrate)	27.5 mcg 50%
Copper (as Copper Citrate)	0.45 mg 50%
Manganese (as Manganese Citrate)	0.575 mg 25%
Chromium (as Chromium Picolinate)	35 mcg 100%
Molybdenum (as Molybdenum Citrate)	11.25 mcg 25%
Boron (as Boron Citrate)	1.5 mg **
Quercetin	50 mg **
Myo-Inositol	250 mg **

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value not established.

MANUFACTURED BY
Basically Food
2565 3rd St, Suite 316
San Francisco, CA 94107
basicallyfood.com

v1.1

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