Vitamin & Supplement Guide

Kirkland Signature™ brand vitamins and nutritional supplements are created to provide Costco members the very best in nutritional quality. These products are designed to meet or exceed the quality of the national brands. Kirkland Signature vitamins and supplements are guaranteed to deliver the highest industry-wide standards for Quality, Purity and Potency.

Our goal is also to provide Costco members the best value in Kirkland Signature vitamins and supplements. In a leading consumer magazine’s September 2010 issue, Kirkland Signature Daily, Mature and Children’s multivitamins were rated No. 1 in value among leading multivitamin brands.

In addition to multivitamins, our 18 Kirkland Signature vitamin and nutritional supplements include vitamins C, D and E, fish oils, calcium, joint care, CoQ10, and B vitamins.

Trust Kirkland Signature vitamins and nutritional supplements and celebrate your health!

Teresa Thompson
Costco Pharmacy Buyer
The United States Pharmacopeia (USP), a non-governmental, official public standards-setting organization, was established in 1820 to set high quality standards for drugs and dietary supplements. Only those products that meet USP’s stringent criteria are awarded use of the USP Verified Dietary Supplement Program (DSVP) certification mark to display on product labels.

This certification mark on Kirkland Signature™ vitamin and dietary supplement labels assures that the products have undergone USP’s rigorous independent testing and verification for quality, purity and potency. Specifically, the USP DSVP certification mark assures Costco members and health care professionals that Kirkland Signature vitamins and dietary supplements have been verified by USP to:

- Contain the declared ingredients stated on the product label
- Contain the amount or strength of ingredients declared on the product label
- Meet requirements for limits on potential contaminants
- Have been manufactured properly by complying with the USP and FDA standards for “good manufacturing practices” (GMPs)

While no dietary supplement certification program can accurately verify the health benefits or other nutritional support claims made on product labels, USP encourages Costco members to speak with their physicians or health care providers to evaluate their individual use of vitamins and dietary supplements.

For more information please visit www.usp.org/USPVerified
The Kirkland Signature Daily Multi provides a full spectrum of vitamins and minerals to support a healthy adult.* This scientifically formulated multivitamin is designed with important nutrients to support your heart, immune system, eyes, bones and teeth.*

Kirkland Signature™ Daily Multivitamin carries the USP Verified seal for quality, purity and potency.

- Supports a healthy immune system*
- Supports heart health and eye health*
- With calcium for strong bones*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Mature Multi
Kirkland Signature™ Mature Multivitamin

Age is only a number when you support your health with the nutrition your body needs. Kirkland Signature Mature Multi is formulated with a full spectrum of vitamins to support overall health plus vitamin D for strong bones, vitamin B-6 to support nervous system health, and vitamin E to help fight cell damaging free radicals.*

- Designed to support the health of individuals over 50*
- With vitamins to support heart and eye health*
- With vitamin D-3 to support immune system health*

*Kirkland Signature Mature Multivitamin carries the USP Verified seal for quality, purity and potency.

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Daily Multi Pack

Kirkland Signature™ Daily Multivitamin Pack

You pack a lot into a day, so you need a daily multivitamin that can keep up with you. Kirkland Signature Daily Multi Pack is formulated to meet the needs of today’s active, demanding lifestyles. Not just an ordinary multi, Kirkland Signature Daily Multi Pack features a complete formulation of vitamins and minerals plus Asian Ginseng Extract and B vitamins.

- Key vitamins and minerals
- Balanced with essential vitamins and minerals
- 100 day supply
- With Asian Ginseng Extract and B vitamins

Kirkland Signature Daily Multivitamin Pack carries the USP Verified seal for quality, purity and potency.

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Premium Support for Healthy Eyes, Working Immune Systems, Strong Bones & Energy Metabolism

Kirkland Signature™ Premium Performance Multi

Active lifestyles demand active nutrition. That’s why we scientifically formulated Kirkland Signature Premium Performance Multi with vitamins and minerals to support heart health, energy metabolism, strong bones and teeth, healthy eyes and overall good health.*

- Helps maintain energy metabolism*
- Supports heart and immune system health*
- Promotes strong bones and teeth*
- Supports healthy eyes*

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Kirkland Signature Premium Performance Multivitamin carries the USP Verified seal for quality, purity and potency.
A Great-Tasting Kids’ Vitamin to Support Strong Bones & Immune System Health*

Children’s Chewable Complete Multivitamins with Essential Minerals

Kirkland Signature™ Children’s Chewable

Help your kids get what their diets may be missing with Kirkland Signature Children’s Chewable Complete Multivitamins. These delicious, sugar free dinosaur shaped multivitamins are formulated to support a child’s healthy growth and development.* Kirkland Signature Children’s Chewables also feature vitamin C and vitamin D.

- Strong bones and teeth*
- With antioxidants*
- Supports immune system health*

Kirkland Signature Children’s Chewable Complete Multivitamins with Essential Minerals carries the USP Verified seal for quality, purity and potency.

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Supports Heart Health, the Immune System & Healthy Circulation

Enteric Coated Omega-3 Fish Oil

Kirkland Signature® Enteric Coated Omega-3 Fish Oil 1200 mg One Per Day

Kirkland Signature Enteric Coated One Per Day Omega-3 Fish Oil is a clear, pure way to support your health — without the fishy aftertaste.* Just one per day is all you need to get 684 mg of health promoting Omega-3 fatty acids.*

- Supports your heart and cardiovascular health*
- Supports joint health*
- Enteric coated for no “fishy” aftertaste

Kirkland Signature fish oil is processed for purity using molecular distillation to remove mercury, PCBs, and dioxins. Mercury is below a limit of 0.1 parts/million.

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Natural Support for your
Heart, Joints &
Cardiovascular System

Natural Omega-3
Fish Oil

Kirkland Signature™ Natural Omega-3 Fish Oil 1000 mg

Taking Kirkland Signature Natural Omega-3 Fish Oil is a convenient, easy, natural way to support your heart and your cardiovascular health.*

- Supports heart and vascular health*
- Supports healthy joints*

Kirkland Signature Fish Oil is processed for purity using molecular distillation to remove mercury, PCBs, and dioxins. Mercury is below a limit of 0.1 parts/million.

Kirkland Signature Natural Omega-3 Fish Oil carries the USP Verifi ed seal for quality, purity and potency.

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Clinical Strength Glucosamine & Chondroitin

Kirkland Signature™ Clinical Strength Glucosamine HCl 1500 mg and Chondroitin Sulfate 1200 mg.

Kirkland Signature Clinical Strength Glucosamine and Chondroitin helps support cartilage, lubricate joints, and support mobility.* With two of the leading ingredients for joint care, Kirkland Signature Clinical Strength Glucosamine and Chondroitin is the high quality extra strength support you need to care for your joints.*

- Helps support cartilage and lubricates joints*
- Supports mobility and flexibility*
- 2 per day formula!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**per serving
Optimizes Joint Health & Mobility*

Helps Support Cartilage*

Extra Strength Glucosamine with MSM

Kirkland Signature™ Extra Strength Glucosamine 1500 mg with MSM 1500 mg**

Nourish your joints and connective tissue, help support cartilage and support joint mobility with Kirkland Signature Extra Strength Glucosamine with MSM. This two per day formula helps support joint flexibility.*

- Helps support cartilage and lubricate joints*
- Promotes joint comfort and flexibility*
- Helps maintain healthy connective tissue*

*Kirkland Signature Glucosamine with MSM carries the USP Verified seal for quality, purity and potency.

**per serving

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Calcium + D3
Kirkland Signature™ Calcium 600 mg + D3

Kirkland Signature Calcium + D3 supports strong bones, promotes muscle function and helps maintain many other vital systems in the body.* The additional vitamin D3 helps your body to absorb calcium better and is also important for the health of the immune system.*

- Helps maintain healthy bones and teeth*
- Supports healthy muscle contractions*
- May reduce the risk of osteoporosis**

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* Adequate Calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis later in life.
Kirkland Signature™ Calcium Citrate with 500 mg of Calcium**

Kirkland Signature Calcium Citrate is formulated with vitamin D to assist calcium absorption, and Magnesium to help bone formation.* This synergistic bone care supplement provides the nutrients needed to support the health of your bones, teeth, muscles and heart.*

- Supports strong bones and teeth*
- Involved in heart and muscle function*
- May reduce the risk of osteoporosis***

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**per 2 tablet serving

***Adequate Calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis later in life.
A Great-Tasting Way to Get the Calcium You Need to Support Strong Bones*

Sugar-Free Calcium Chews

Kirkland Signature™ Calcium Chews 500 mg plus Vitamin D and Vitamin K

Kirkland Signature Sugar-Free Calcium Chews are a delicious way to support the health of your bones, teeth and muscles.* Each sugar-free chew features 500 mg of Calcium plus vitamin D and vitamin K—and they taste great!

- Supports strong bones and teeth*
- Supports healthy muscle contractions*
- Involved in heart and nerve function*
- May reduce the risk of Osteoporosis**

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* Adequate Calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis later in life.
Antioxidant Support & Immune System Health*

Vitamin C
1000 MG

Kirkland Signature™ Vitamin C 1000 mg

Vitamin C is an important nutrient that’s excellent for the health of your immune system, your bones, your joints and your gums.* That’s why supplementing with high potency, high quality Kirkland Signature vitamin C 1000 mg is a powerful way to give your body the vitamin C it needs to support your health.*

- One of the leading vitamins for immune system support*
- Supports healthy bones, joints and gums*
- High potency formulation

*Kirkland Signature vitamin C carries the USP Verified seal for quality, purity and potency.

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Antioxidant Support & Immune System Health*

Kirkland Signature Chewable Vitamin C 500 mg

Kirkland Signature Chewable vitamin C is the delicious way to support your immune system, help neutralize cell damaging free radicals and fight against oxidative stress.* Our Chewable vitamin C delivers 500 mg of high quality vitamin C and also supports your joint, bone, and heart health.*

- Supports the immune system*
- Beneficial for the health of bones and joints*
- Promotes antioxidant health*
- Delicious chewable formula!

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Highly Bioavailable Methylcobalamin Form Supports Energy Production & a Healthy Nervous System*

Kirkland Signature™ B-12 5000 mcg

Kirkland Signature B-12 5000 mcg is an essential nutrient for energy production as well as nervous system and brain function support.* Kirkland Signature B-12 was formulated with methylcobalamin, the active form of B-12 that is highly bioavailable.

- Advanced strength with a great cherry flavor
- Helps facilitate energy production*
- Helps support nervous system and brain function health*

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Antioxidant Support & Circulatory Health*

Kirkland Signature™ Vitamin E 400 I.U.

Kirkland Signature vitamin E 400 I.U. provides potent antioxidant support, but that’s not all.* Supplementing with 400 I.U. of vitamin E daily can help you maintain beautiful skin, healthy circulation and a hard-working immune system.*

- Supports circulatory health*
- Promotes antioxidant health*
- Supports immune health*
- Contributes to healthy skin*

*Kirkland Signature vitamin E carries the USP Verified seal for quality, purity and potency.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Supports
Bone and
Immune Health®

Vitamin D3
2000 I.U.

Kirkland Signature™ Vitamin D3 2000 I.U.

Important for strong bones and teeth, Kirkland Signature vitamin D3 also supports immune system health. Kirkland Signature vitamin D3—active form of vitamin D—is a great way to ensure you are getting enough of this essential vitamin to be healthy.*

- Supports the immune system*
- Beneficial for the health of bones*

Kirkland Signature vitamin D3 carries the USP Verified seal for quality, purity and potency.

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Maximum Potency CoQ10

Kirkland Signature™ Maximum Potency CoQ10 300 mg

CoQ10 is a potent antioxidant that appears in almost every cell in the body and is especially important to the functioning of the heart.* Supplementing with Maximum Potency Kirkland Signature CoQ10 can help replenish CoQ10 that some medications deplete.¹

- Supports heart health*
- Supports antioxidant health*
- CoQ10 levels may decline as we age
- Some cholesterol-lowering prescription medicines can deplete CoQ10 levels in the body¹

1 Note: Coenzyme Q-10 is not intended to serve as a replacement for Statin therapy, nor should you discontinue taking any prescribed medications while supplementing with Coenzyme Q-10.

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Daily Multi: 029548L-ZC-04C (950cc)
Mature Multi: 29552-ZC-05B (625cc)
Daily Multi Pack 001730B-ZC-03B
Premium Perf. Multi: 6560-ZC-07B (625cc)
Children’s Chewable KS19202
Costco Item # 277065 (Produced by Perrigo)
Enteric Coated Fish Oil 34031-ZC-05C (625cc)
Natural Fish Oil: 35318-ZC-05D (950cc)
Clinical Strength Glucosamine Chondroitin gc.eps
Costco Item #510234 (Produced by Schiff/IVC)
Glucosamine with MSM: 53184-ZC-06E (950cc)
Calcium + D3 19805-ZC-05C (950cc)
Calcium Citrate Twinpack 50689-ZC-00A (625cc)
Calcium Chews Caramel: P019243-KS-01A
Chocolate: P019234-KS-02B
Vitamin C 51160-ZC-04C (950cc)
Chewable Vitamin C 6260-ZC-04D (950cc)
Sublingual B-12 Costco Item # 690843 (Produced by IVC)
Vitamin E 5548-ZC-04D (500cc)
Vitamin D3 19940 - NEW Vit D.eps (400cc)
CoQ10 51381 - Co Q10 100ct.eps (300cc)