

Manufactured for **INSTITUTE FOR VIBRANT LIVING**
P.O. Box 3840, Camp Verde AZ 86322
1-800-218-1379 • www.IVLProducts.com

Suggested Use: Take 1 tablet daily with a meal.

Note: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product.

Keep out of reach of children.

Store in a cool, dry place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Manufactured in an NSF GMP certified facility.

Made in the **USA** 



Adult Food-Based Multi

30 Tablets
Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	0.5mg 25%
Vitamin C (as magnesium ascorbate)	200mg 333%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	100 IU 25%	Chromium (as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (as phytonadione)	50mcg 63%	Potassium (as potassium chloride)	.05mg <1%
Thiamin (as thiamine mononitrate)	10mg 667%	Vanadium (as vanadium amino acid chelate)	8mcg *
Riboflavin	10mg 588%	Boron (as boron glycinate)	50mcg *
Niacin (as niacinamide)	25mg 125%	Bioflavonoids (from lemon)	25mg *
Vitamin B6 (as pyridoxine HCl)	10mg 500%	Rutin	10mg *
Folic Acid	400mcg 100%	Choline (as choline bitartrate)	10mg *
Vitamin B12 (as cyanocobalamin)	10mcg 167%	Inositol	10mg *
Biotin	300mcg 100%	Hesperidin	10mg *
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%	Para-aminobenzoic acid (PABA)	5mg *
Calcium (as calcium citrate)	30mg 3%	Protease	1100HUT *
Iron (as ferrous bisglycinate)	5mg 28%	Amylase	1000U *
Iodine (from kelp)	100mcg 67%	Lipase	2LU *
Magnesium (as magnesium oxide, magnesium ascorbate)	70mg 18%	Cellulase	2CU *
Zinc (as zinc citrate)	5mg 33%	Proprietary Superfood Blend (apple pectin, papaya juice (fruit), spirulina, chlorella, eleuthero (root), barley grass, schizandra (berries), astragalus (root), nettles (leaf), carrot (root), spinach (leaf))	475mg *
Selenium (as selenomethionine)	25mcg 36%		

* Daily Value not established

Other Ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, silica, dicalcium phosphate, modified cellulose, magnesium stearate (vegetable source), vegetable coating.