

This product was co-developed by AmeriSciences in cooperation with NASA/Johnson Space Center as a complete source of micronutrients for use by the astronaut corps.

Suggested use: Adults take two (2) tablets daily, preferably with AS10 Juice Blend or a meal, or as recommended by a physician.

Store product in a dry place at controlled room temperature (77°F). Do not expose to excessive heat or moisture.

Warning: Keep out of the reach of children. Do not use if pregnant or nursing.

Manufactured for: AmeriSciences®
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Houston, TX 77041
To report an adverse event,
contact us at the above address.



4505

AS 10 Life

Optimal Living Formula

Dietary Supplement
- 60 Tablets -

Supplement Facts

Serving Size: 2 tablets

Servings per container: 30

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A (as vitamin A palmitate and 35% as mixed carotenoids)	5000 IU 100%	Zinc (as zinc chelate)	15 mg 100%
Vitamin C (as ascorbic acid)	150 mg 250%	Selenium (as selenium chelate)	100 mcg 143%
Vitamin D (as cholecalciferol)	1000 IU 250%	Copper (as copper chelate)	1 mg 50%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU 333%	Manganese (as manganese chelate)	4 mg 200%
Vitamin K (as phytonadione)	80 mcg 100%	Chromium (as chromium polynicotinate)	200 mcg 167%
Thiamine (vitamin B1) (as thiamine mononitrate)	2.25 mg 150%	Molybdenum (as molybdenum chelate)	56 mcg 75%
Riboflavin (vitamin B2)	2.55 mg 150%		
Niacin (as inositol hexanicotinate and niacinamide)	30 mg 150%	Boron (as boron chelate)	1 mg **
Vitamin B6 (as pyridoxine HCl)	3 mg 150%	Vanadium (as vanadyl sulfate)	50 mcg **
Folate (as folic acid)	600 mcg 150%		
Vitamin B12 (as cyanocobalamin)	9 mcg 150%	Proprietary AS10 Life Blend	470 mg **
Biotin	450 mcg 150%	Mixed carotenoid complex (standardized to beta-carotene, lutein, lycopene and astaxanthin, with zeaxanthin and other carotenoids), alpha lipoic acid, citrus bio-flavonoids, choline bitartrate, inositol, pine bark extract, resveratrol, N-acetylcysteine.	
Pantothenic acid (as d-calcium pantothenate)	15 mg 150%		
Calcium (as calcium carbonate and citrate)	250 mg 25%		
Iodine (from kelp)	150 mcg 100%		
Magnesium (as magnesium oxide and chelate)	100 mg 25%		

* % Daily Value

** Daily Value not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, maltodextrin, carmine, titanium dioxide, hypromellose, caramel, polydextrose, talc, polyvinyl alcohol.