

You lead a busy life and your diet doesn't always cover your nutritional bases.* Our iron-free multivitamin formula is a gentle yet potent blend of vitamins, minerals and omega-3 essential fatty acids that can promote overall good health, energy and vitality.*



MSC-C-54183

From an MSC certified sustainable fishery.
www.msc.org

MADE IN THE USA

- ✓ No sugar added
- ✓ Gluten free
- ✓ No artificial additives
- ✓ Non-GMO
- ✓ Third-party quality tested
- ✓ NSF GMP certified facility
- ✓ Sustainably sourced fish oil

made with care for

Nutri-Rich
Fullerton, CA 92833
(855) 200-8985

www.nutri-rich.com



NUTRI-RICH



THE ESSENTIALS MULTI

multivitamin plus 450mg
omega-3 fish oil

Potent blend of vitamins,
minerals and omega-3
fatty acids.

Promotes overall good health
and vitality.*

DIETARY SUPPLEMENT
90 SOFTGELS

Supplement Facts Serving Size: 1 softgel Servings Per Container: 90

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (beta carotene)	5,000 IU 100%	Calcium (calcium ascorbate and d-calcium pantothenate)	12.5mg 2%
Vitamin C (calcium ascorbate)	90mg 150%	Iodine (potassium iodide)	150mcg 100%
Vitamin D3 (cholecalciferol)	800 IU 200%	Magnesium (magnesium glycinate)	25mg 6%
Vitamin E (d-alpha tocopherol)	100 IU 330%	Zinc (zinc glycinate)	15mg 100%
Vitamin B1 (thiamine HCl)	1.5mg 100%	Selenium (selenomethionine)	70mcg 100%
Vitamin B2 (riboflavin)	1.7mg 100%	Lutein	1mg †
Vitamin B3 (niacinamide)	20mg 100%	Citrus bioflavonoids	25mg †
Vitamin B6 (pyridoxine HCl)	2mg 100%	Choline (phosphatidylcholine)	30mg †
Folate (folic acid)	600mcg 150%	Boron (boron glycinate)	2mg †
Vitamin B12 (methylcobalamin)	120mcg 2,000%	Fish Oil Concentrate	450mg †
Biotin	300mcg 100%	EPA (eicosapentaenoic acid)	130mg †
Pantothenic Acid (d-calcium pantothenate)	10mg 100%	DHA (docosahexaenoic acid)	90mg †

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

Other Ingredients: Beeswax, lecithin (from non-GMO soy), medium chain triglycerides, safflower oil, gelatin, glycerin, purified water, corn oil, carob (trace amount for color). Contains tree nuts (coconut).

Directions: Take 1 softgel daily. For best results, take with a meal.

Note: If you are pregnant, nursing, taking any medications or have any medical conditions, consult your physician before use. Store in a cool, dry place, away from the reach of children.

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