

Directions: Take one tablet each morning.

Caution: Do not exceed recommended dose. Pregnant or nursing, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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



ESSENTIALS

COMPLETE MULTIVITAMIN



90
TABLETS

DIETARY SUPPLEMENT



Serving Size: 1 Tablet
Servings Per Container: 90

SUPPLEMENT FACTS

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Cholecalciferol)	2,500 IU	625%
Vitamin E (as D-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin	5 mg	294%
Niacin (as Nicotinamide)	37.5 mg	188%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1,250%
Folic Acid	400 mcg	100%
Biotin (as D-Biotin)	50 mcg	834%
Calcitriol (as D-Calcium Pantothenate)	300 mcg	100%
Cobalamin (as Methylcobalamin)	37.5 mcg	375%
Zinc (as Zinc Citrate)	150 mcg	100%
Selenium (as Selenomethionine)	15 mcg	100%
Copper (as Copper Gluconate)	100 mcg	143%
Manganese (as Manganese Ascorbate)	2 mg	100%
Chromium (as Chromium Picolinate)	2 mg	100%
Molybdenum (as Molybdenum L-Aspartate)	120 mcg	100%
Iodine (as Potassium Iodide)	80 mcg	107%

Daily Value not established
Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Silicon Dioxide

	Amount Per Serving
Phyto Nutrient Complex	50 mg
Green Tea Powder (leaf), Hesperidin Complex (fruit), Degradized Garlic Powder (bulb), Grape Seed Extract (standardized to 95% polyphenol) (seed), Fruit Blend Orange Powder (fruit), Pineapple Powder (fruit), Apple Powder (fruit), Grape Powder (fruit), Blueberry Powder (fruit), Cranberry Powder (fruit), Papaya Powder (fruit), Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (fruit), Kiwi Powder (fruit), and Vegetable Blend, Wild Yam Powder (root), Carrot Powder (root), Spinach Powder (leaf), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (whole head), Broccoli Powder (whole plant)	25 mg
Enzyme Blend	12.5 mg
Papain, Bromelain, alpha Amylase, Lipase	5 mg
Alpha-Lipoic Acid	5 mg
PABA (Para-Aminobenzoic Acid)	5 mg
Choline (as Choline Bitartrate)	5 mg
Inositol	1 mg
Silica	250 mg
Boron	250 mg
Lycopene	50 mg
Lutein	14 mg
Vanadium	2.5 mg
Zeaxanthin	2.5 mg
Bioperine®	

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