



Scan to learn about our
hypoallergenic supplements



Use only if safety seal
is intact.

Contents may not fill package in
order to accommodate required
labeling. Please rely on stated
quantity.

Certified Gluten-Free by the
Gluten-Free Certification
Organization, www.gluten.org

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement,
take 2 capsules, 2 times daily, with meals.
Warning: Vitamin K may be contraindicated
with Coumadin (Warfarin). If you are pregnant
or lactating, have any health condition or are
taking any medication, particularly blood thinning
medication, consult your health professional
before use.

Keep out of the reach of children.

Metafolin® is a registered trademark of Merck
KGaA, Darmstadt, Germany.



Longevity Nutrients

with Metafolin® L-5-MTHF;
Multivitamin/mineral complex
for healthy aging†

Gluten-free & Non-GMO
Dietary Supplement
120 CAPSULES



Supplement Facts

Serving size 2 capsules
Servings per container 60

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg	223%
Vitamin K (as vitamin K ₁)	42.5 mcg	35%
Thiamin (as thiamin HCl) (B ₁)	5 mg	417%
Riboflavin (as vitamin B ₂ and 61% riboflavin 5'-phosphate (activated B ₂))	6.35 mg	488%
Niacin (as niacin and 56% niacinamide)	22.5 mg	141%
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5'-phosphate (activated B ₆))	5.85 mg	344%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	1 mg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc citrate)	75 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	200 mcg	571%
Vitamin K ₂ (menaquinone-7)	75 mcg	*
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid (thioctic acid)	375 mg	*
MacularSynergy Extra†		
FloraGLO® lutein	5 mg	*
Zeaxanthin	1 mg	*
CognitivePro Complex†		
Bacopa (Bacopa monnieri) extract (aerial parts) (standardized to contain 20% bacosides)	50 mg	*
Ginkgo (Ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	40 mg	*
Alpha-GPC (from 50 mg stabilized L-alpha-glycerophosphatidylcholine)	25 mg	*
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Cardio Polyphenol Complex†		
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	375 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	375 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*

*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), calcium phosphate,
ascorbyl palmitate, silicon dioxide

Contains soy

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Curcumin C3 Complex® is a registered trademark
and patented product of Sabinsa Corporation.