



Fit • Form • Function

MULTIVITAMIN & MINERALS

23 Vitamins and Minerals
B Vitamins for Energy*
Plus Phytonutrients

Dietary Supplement • 60 Tablets

Supplement Facts

Serving Size: 2 Tablets / Servings Per Container: 30

Amount Per Serving	% DV
Vitamin A (as retinyl palmitate)	5,000 IU 100%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D (as cholecalciferol)	500 IU 125%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU 667%
Vitamin K (as phytonadione)	80 mcg 100%
Thiamin (as thiamin HCl)	50 mg 3,333%
Riboflavin	50 mg 2,941%
Niacin	50 mg 250%
Vitamin B6 (as pyridoxine HCl)	50 mg 2,500%
Folate (as folic acid)	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	200 mcg 3,333%
Biotin	300 mcg 100%
Pantothenic acid (as D-calcium pantothenate)	50 mg 500%
Calcium (as calcium carbonate)	200 mg 20%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium oxide)	300 mg 75%
Zinc (as zinc oxide)	30 mg 200%
Selenium (as selenomethionine)	200 mcg 286%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese gluconate)	4 mg 200%
Chromium (as chromium nicotinate glycinate)	120 mcg 100%
Molybdenum (as molybdenum amino acid chelate)	80 mcg 107%
Potassium (as potassium chloride)	50 mg 1%
Phytonutrient Blend:	
Boron (as boron chelate)	2 mg †
Alpha lipolic acid	25 mg †
Vanadium (as vanadyl sulfate)	100 mcg †
Choline (as choline bitartrate)	10 mg †
Inositol	10 mg †
Lycopene	500 mcg †
Lutein	500 mcg †
Citrus bioflavonoids, grape seed extract (95% proanthocyanidins), Green tea leaf extract, spirulina (algae), Blueberry fruit, cranberry fruit, wild yam (root), papaya fruit, and carrot root	200 mg †

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, Croscarmellose sodium, Stearic acid, Film coat (Hypromellose, Hydroxypropyl cellulose and Polyethylene glycol), Magnesium stearate, and Silica.

DO NOT PURCHASE IF SEAL IS BROKEN

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DIRECTIONS: As a dietary supplement, take 2 (two) tablets daily with food.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medications, or have a medical condition.

DO NOT INGEST FRESHPACK

Store in a cool, dry place.

* These statements have 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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Item # 10016

