

P2Life's Complete Multivitamin

- **Energy***: contains the full range of B-Vitamins, essential for energy production and carbohydrate metabolism.*
- **Immune system***: supports immunity and immune system defences with essential nutrients like Vitamin C and Selenium.*
- **Bone Health***: encourages strong bones with the combination of Calcium and Vitamin D.*
- **Anti-Oxidant protection***: contains Lutein and Zeaxanthin.*
- **Wellness blend***: supports physical and mental wellness with the nutrients Choline, Inositol, Spirulina, PABA, Lutein and Zeaxanthin.*

DOSAGE INSTRUCTIONS: As a dietary supplement, take 2 tablets daily preferably 1 in the morning and 1 in the evening, with meals.

More Information:

For more information about the products and its ingredients please visit our website at www.P2Life.com or scan this code with your Smart Phone.



**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.*



PROTECTING HEALTH - PROMOTING PERFORMANCE

Complete Multivitamin

MULTIVITAMIN SUPPLEMENT

DIETARY SUPPLEMENT

180 Tablets

WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use of any nutritional or dietary product. Discontinue use and consult a doctor if any adverse reactions occur. Discontinue use two weeks prior to surgery. Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool dry place.

IMPORTANT INFORMATION:

Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.

KEEP OUT OF REACH OF CHILDREN

PEEL HERE

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 180

Amount Per Serving			%DV**	Amount Per Serving			%DV**	Amount Per Serving			%DV**	
Vitamin A (as Retinol Palmitate)	5000 IU	100%	Iron (as Ferrous Fumarate)	1.8 mg	10%	Boron (as Boron Citrate)	250 mcg	†	** Percent Daily Values (DV) are established on a 2,000 calorie diet. † Daily Value not established			
Vitamin C (as Calcium Ascorbate)	90 mg	150%	Phosphorus (as Tricalcium Phosphate)	52 mg	5%							
Vitamin D3 (as Cholecalciferol)	800 IU	200%	Iodine (as Potassium Iodate)	150 mcg	100%	OTHER INGREDIENTS: Microcrystalline Cellulose, Corn Starch, Silicon Dioxide and Magnesium Stearate.						
Vitamin E (as dl alpha tocopherol)	30 IU	100%	Magnesium (as Magnesium Oxide)	100 mg	25%							
Vitamin K (as Phytonadione)	80 mcg	100%	Zinc (as Zinc Oxide)	15 mg	100%	Distributed by: SW Eagle Distributors LLC International Swimming Hall of Fame 1 Hall of Fame Drive, Ft Lauderdale, FL 33316 www.P2Life.com						
Thiamin (as Thiamine HCL)	3 mg	200%	Selenium (as Sodium Selenite)	75 mcg	100%							
Riboflavin	3.4 mg	200%	Copper (as Copper Sulphate)	2 mg	100%	Contains a plant extract therefore the color of the capsule contents may vary slightly from batch to batch.						
Niacin (as Niacinamide)	30 mg	150%	Manganese (as Manganese Sulphate)	2 mg	100%							
Vitamin B6 (as Pyridoxine)	8 mg	400%	Chromium (as Chromium Polynicotinate)	120 mcg	100%	WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control facility immediately.						
Folic Acid	600 mcg	150%	Molybdenum (as Sodium Molybdate)	75 mcg	100%							
Vitamin B12 (as Methylcobalamin)	24 mcg	400%	Chloride (as Potassium Chloride)	65 mg	2%							
Biotin	300 mcg	100%	Potassium (as Potassium Chloride)	72 mg	2%							
Pantothenic Acid (as Calcium d Pantothenate)	15 mg	150%	Physical and Mental Wellness Blend*:		71 mg	†						
Calcium (as Tricalcium Phosphate, Calcium Ascorbate & Calcium bis glycinate)	100 mg	10%	Spirulina, Choline Bitartrate, Inositol, PABA (Para Aminobenzoic Acid), Lutein and Zeaxanthin.									