

Optimal Naturals™

DAILY ESSENTIALS™

A Complete Daily Source of
Over 50 Vitamins and Nutrients

90 Tablets - Dietary Supplement

SUGGESTED USE: As a dietary supplement, take one (1) tablet 3 times daily with meals.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, 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 and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lot#: _____
Manufacture Date: _____
Best if used by: **4866-13090-13090-90**

Optimal Naturals™
Orange County, California
www.optimalnaturals.com
800.985.8974

Supplement Facts

Amount Per Serving	%Daily Value	
Vitamin A (67% as beta-carotene / 33% as palmitate)	15,000 IU	300%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha toco. Acetate)	200 IU	667%
Vitamin B-1 (as thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (as riboflavin)	50 mg	2941%
Niacin (as niacin granular)	10 mg	50%
Vitamin B-6 (as pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium panto.)	20 mg	100%
Calcium (phosphate / amino acid chelate)	175 mg	18%
Phosphorus (dicalcium phosphate)	48 mg	5%
Magnesium (as amino acid chelate)	100 mg	25%
Zinc (as amino acid chelate)	15 mg	100%
Selenium (as amino acid chelate)	50 mcg	71%
Copper (as oxide)	200 mcg	10%
Manganese (as sulfate)	5 mg	250%
Chromium (as polynicotinate)	50 mcg	42%
Potassium (as citrate)	50 mg	1%

Vegetable Complex	100 mg	*
(from broccoli, celery, parsley, cauliflower, carrots, spinach, Yams, collard greens, kale & Brussels sprouts)		
Fruit Complex	100 mg	*
(from oranges, lemons, tangerines, grapefruits and limes)		
Enzyme Complex (from plants)	74 mg	*
(Consisting of Cellulase, Bromelain, Papain, Amylase, Trypsin & Lipase)		
Raspberry Juice Extract	25 mg	*
Grape Seed (5:1 Extract)	25 mg	*
Spirulina Algae	500 mg	*
Wheat Grass	200 mg	*
Safflower (powder)	100 mg	*

Serving size: 3 tablets

Amount Per Serving	%Daily Value	
Lecithin (as granular lecithin)	75 mg	*
Choline Bitartrate	75 mg	*
Inositol	75 mg	*
Citrus Bioflavonoids	50 mg	*
Korean Ginseng Root	50 mg	*
Gotu Kola (as powder)	50 mg	*
Echinacea (as root powder)	25 mg	*
Green Tea Extract (decaffeinated)	25 mg	*
para-Aminobenzoic acid	15 mg	*
Psyllium Husks	15 mg	*
Oat Bran	15 mg	*
Apple Pectin	15 mg	*
Barley Grass	15 mg	*
Chlorophyll	15 mg	*
L. Acidophilus (4 billion / gram)	15 mg	*
Octacosanol	15 mcg	*
Trace Mineral Complex	3 mg	*
Kelp	210 mcg	*
Boron (as amino acid chelate)	25 mcg	*

*Daily Value not established.

Other Ingredients: Magnesium stearate, stearic acid, and microcrystalline cellulose.

ALLERGEN WARNING: CONTAINS SOY (SOY ISOFLAVONES) AND WHEAT (WHEAT GRASS, OCTACOSANOL).

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.