100% PCR CONTENT

365 EVERTDAY VALUE

## Age 50+ Multi

## ONCE DAILY

SUPPORTS HEALTHY BONES WITH BORON, CALCIUM, FOLIC ACID, VITAMIN D & MORE

SUPPORTS HEALTHY BRAIN FUNCTION
WITH B VITAMINS & ZINC†

WITH LUTEIN & LYCOPENE

MULTI-VITAMIN/MULTI-MINERAL SUPPLEMENT

TABLETS

**DIRECTIONS:** TAKE 1 TABLET DAILY WITH FOOD.

## Supplement Facts

ş	Serving Size 1 Tablet					
	Amount Per Serving		% DV	Amount Per Serving		% D\
	Vitamin A	5000 IU	100%	Magnesium (as magnesium oxide)	100mg	25%
1	(as 60% acetate, 40% beta-carotene)			Zinc (as zinc oxide)	15mg	100%
	Vitamin C (as ascorbic acid)	60mg	100%	Selenium (as selenomethionine)	20mcg	29%
	Vitamin D3 (as cholecalciferol)	400 IU	100%	Copper (as copper oxide)	2mg	100%
	Vitamin E (as d-alpha tocopheryl succinate)	45 IU	150%	Manganese (as manganese sulfate)	3.5mg	175%
		10	13%	Chromium (as chromium chloride)	150mcg	125%
	Vitamin K (as phytonadione)	10mcg		Molybdenum (as sodium molybdate)	150mcg	200%
	Thiamin (as thiamine mononitrate)	1.5mg	100%	Chloride (as potassium chloride)	72mg	2%
	Riboflavin	1.7mg	100%	Potassium (as potassium chloride)	80mg	2%
	Niacin (as niacinamide)	20mg	100%	( )		
	Vitamin B6 (as pyridoxine HCI)	3mg	150%	Silicon (as silicon dioxide)	2mg	
	Folic Acid	400mcg	100%	Lycopene	300mcg	,
	Vitamin B12 (as cyanocobalamin)	30mcg	500%	Lutein (from marigold flower extract)	250mcg	,
	Biotin (as d-biotin)	30mog	10%	Boron (as amino acid complex)	150mcg	,
	Pantothenic Acid (as d-calcium pantothenate)	10mg	100%	Vanadium (as vanadium amino acid chelate)	10mcg	,
	Calcium (as dicalcium phosphate)	200mg	20%	Nickel (as nickel sulfate)	5mcg	,
	Phosphorus (as dicalcium phosphate)	155mg	16%	*Daily Value (DV) not established.		