



SKU #: 844197019335

Vitacost Synergy Once Daily(R) Multi-Vitamin Description
High-potency multi-vitamin with 21 essential vitamins and minerals—plus powerful antioxidants such as green tea, resveratrol, CoQ10 and more.* Once daily formula is convenient and easy to take!
What is Vitacost Synergy Once Daily?

Vitacost Synergy Once Daily is a comprehensive daily multi-vitamin that combines 21 essential vitamins and minerals with added antioxidant nutrients including green tea, resveratrol, coenzyme Q10 (CoQ10) and more.

Unlike common, store-bought multi-vitamins, Vitacost Synergy Once Daily is a premium product that features effective levels and forms of potent, high-quality ingredients to provide real benefits for your health. Synergy Once Daily stands apart from other multivits for the following reasons:

Higher Nutrient Levels

Included in Synergy Once Daily is an impressive 100% or more of the Daily Value (DV) for 19 of the 21 essential vitamins and minerals provided. Compare the label with that of other multivits, and you'll see that Synergy Once Daily contains significantly higher nutrient levels than most. For many nutrients, levels are above and beyond what's recommended to provide maximum nutritive benefits.

Better Ingredients

Most store-bought multi-vitamins contain low-cost, low-quality ingredients—allowing manufacturers to make a profit. Vitacost, however, puts your health first. Synergy Once Daily is made with premium-quality, name-brand ingredients you can trust. For example, vitamin A is included as Betatene®—a patented blend of natural mixed carotenoids. In addition, nutrients are supplied in ideal form (such as vitamin D as cholecalciferol, the type naturally produced by skin when exposed to sunlight).

Added Antioxidants

Besides 21 essential vitamins and minerals, Synergy Once Daily provides nine antioxidant nutrients rarely included in other one-day formulas. Antioxidants are natural substances found in plants and foods that help protect healthy cells from free radical damage. Vitacost Synergy Once Daily supplies extracts of green tea, red

Directions

As a dietary supplement for adults 18 years of age and over, take 1 capsule daily with food, including fat, preferably a healthy fat such as extra-virgin olive oil, to improve the absorption of fat-soluble nutrients, or as directed by a healthcare professional.

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, fish, gluten, titanium dioxide.

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.

wine, grape seed, resveratrol, CoQ10, alpha lipoic acid, quercetin, lutein, and zeaxanthin.

Enhanced Absorption

Synergy Once Daily contains BioPerine®, a standardized extract of black pepper fruit that enhances the bioavailability of various nutrients.

About Vitacost

Vitacost nutritional products are manufactured to high standards of quality, efficacy and safety. Each Vitacost product meets or exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111) Current Good Manufacturing Practices (CGMP).

Supplement Facts

Serving Size: 1 Capsule
 Servings per Container: 120

	Amount Per Serving	% Daily Value
Vitamin A (100% as natural beta-carotene) Betatene®	5000 IU	100%
Vitamin C (as calcium ascorbate complex) Advan-C®	100 mg	167%
Vitamin D (as cholecalciferol, D3)	2000 IU	500%
Vitamin E (d-alpha tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione, K1)	300 mcg	375%
Thiamin (vitamin B1 as thiamine HCl)	10 mg	667%
Riboflavin (vitamin B2)	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid (as folicin)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	100 mcg	1,667%
Biotin	500 mcg	167%
Pantothenic Acid (calcium D-pantothenate)	10 mg	100%
Calcium (as calcium ascorbate complex, calcium threonate) Advan-C®	10 mg	1%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc L-methionine) L-OptiZinc®	15 mg	100%
Selenium (as seleno L-methionine) Selenium SELECT®	200 mcg	286%
Copper (as copper amino acid chelate)	0.5 mg	25%
Manganese (as manganese amino acid chelate)	2 mg	100%

Warnings

Pregnant or lactating women, diabetics, hypoglycemics and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Individuals taking anticoagulants (e.g., warfarin, heparin) should consult with their physician before taking supplements containing vitamin K. **Keep out of reach of children.**

How does Vitacost Synergy Once Daily support health?

Provides 21 essential vitamins and minerals
 Provides nine additional antioxidant nutrients to help protect healthy cells from free radical damage*
 Features 2,000 IU of vitamin D3 for bone, immune and nervous system health*

Why choose Vitacost Synergy Once Daily Multi-Vitamin?
 Nutrient-packed formula with more than 100% of the DV for 19 essential vitamins and minerals
 Contains antioxidant nutrients not found in most multivits
 Features safe, brand-name ingredients
 Features optimal levels of nutrients
 Exceptional quality at an extraordinary value

(Note: To complete your daily nutritional needs, we suggest adding Vitacost Calcium & Magnesium, which provides recommended DV levels of calcium (500 mg, as calcium citrate malate, the most absorbable form) and magnesium (250 mg). Even with today's advanced technology, it's impossible to compress every essential nutrient into one easily swallowed daily pill.)

Chromium (as chromium polynicotinate) ChromeMate®	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	100%
Alpha-Lipoic Acid	100 mg	*
Coenzyme Q10 (ubiquinone) (naturally fermented)	100 mg	*
Green Tea Extract (leaf) (standardized to 98% polyphenols, 75% catechins, 45% EGGG)	100 mg	*
Quercetin (bioflavonoid)	50 mg	*
Grape Seed Extract (seed) (standardized to 95% total polyphenols)	25 mg	*
Red Wine Extract (standardized to 30% polyphenols)	25 mg	*
trans-Resveratrol (from Japanese knotweed extract) (root)	10 mg	*
Lutein (marigold flower standardized extract) Lutemax®	6 mg	*
Black Pepper Extract (fruit) Bioperine®	5 mg	*
Zeaxanthin (marigold flower standardized extract) Lutemax®	300 mcg	*

*Daily value not established.

Other Ingredients: Gelatin, cellulose, vegetable magnesium stearate and silicon dioxide.

Contains: Soy.

BioPerine®	is a patented product of Sabinsa Corporation, U.S. Patent Nos. 5,536,506; 5,744,161; 5,972,282; 6,054,589 (Use of piperine to increase the bioavailability of nutritional compounds)*
Lutemax® FREE LUTEIN	Lutemax® is a trademark of OmniActive Health Technologies, U.S. Patent # 6,743,953, and others patents pending.
Selenium SELECT®	Selenium SELECT® is a registered trademark of Sabinsa Corporation.
Advan-C®	Advan-C® is a trademark of Nutraceutical Sciences Institute, Inc. U.S. Patent pending.

Betatene® is a registered trademark of Cognis Deutschland GmbH & Co.
 L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc.
 ChromeMate® is a registered trademark of InterHealth Nutraceuticals, Inc.
 Contains vitamin K for bone and vascular health*
 Contains folic acid to help support healthy brain function, memory and mood*
 Contains CoQ10, a powerful antioxidant essential for energy production*
 Research shows that CoQ10 is important for heart health*
 Contains green tea, an antioxidant that may help support cardiovascular, immune health and more*
 Supplies lutein and zeaxanthin, antioxidants that may also play a part in healthy vision*