Initial (first serving) Directions: Start by taking 1 tablet to assess your individual tolerance. If you experience any unusual occurrence, stop and consult your doctor.

Directions for Regular Use: Take 3 tablets TWICE per day with meals. Take this product daily. Consume at least 1 gallon of water per day. For more details on optimizing your results, please see www.ControlledLabs.com.

Warnings: This product has shellfish and soy derived ingredients. Before ingesting this product you should consult your doctor if you are not aware of your current health status or if you have any medical condition including, but not limited to: diabetes, high or low blood pressure, cardiac arrhythmias, stroke: diseases of the heart, kidneys, liver or thyroid gland; anxiety, history of seizures, depression, any psychiatric ailment, pernicious anemia or other blood disorders. prostate enlargement. This product is intended for adults 18-50 years of age only. WARNING: This product contains chemicals known to the State of California to cause cancer, or birth defects or other reproductive harm. Do not take this product if you are pregnant or nursing. Do not consume with less than the recommended amount of water or if you are prone to dehydration or are subjected to extremely hot temperatures. Do not take this product with any drugs without permission from your prescribing doctor.

Keep out of the reach of children and pets. Do not purchase if safety seal is broken.



To report a serious adverse event or obtain product information regarding this dietary supplement, please call (201) 735-7144

Distributed by: Controlled Labs • White Plains, NY www.ControlledLabs.com

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





Multi-Vitamin, Joint, Digestion & Immune



DIETARY SUPPLEMENT | Net Wt. (.89lbs.) 405g

270 TABLETS



SERVINGS

Supplement Facts

Serving Size: 6 Tablets Servings Per Container: 45

Amount Per Serving		%DV*	Amount Per Serving		%DV*
Vitamin A (as Alpha and Beta Carotene)	5000 IU	100%	Pantothenic Acid (as Calcium-D-Pantothenate)	100 mg	1000%
Vitamin C (as Ascorbic Acid)	600 mg	1000%	Calcium	150 mg	15%
Vitamin D (as Cholecalciferol)	2000 IU	500%	(as Calcium Citrate, Calcium D-Glucarate, Di	calcium Ph	osphate)
Vitamin E (as D-Alpha, D-Beta, D-Gamma,	20 IU	37%	Phosphorus (as Dicalcium Phosphate)	60 mg	6%
D-Delta Tocopherols and Tocotrienols)			lodine (as Potassium Iodine)	150 mcg	100%
Vitamin K (as Phytonadione)	120 mcg	150%	Magnesium (as Magnesium Chelate)	100 mg	25%
Thiamine (as Thiamine HCI)	30 mg	2000%	Zinc (as Zinc Citrate)	30 mg	200%
Riboflavin	30 mg	1765%	Selenium (as Selenium Chelate)	100 mcg	143%
Niacin (as Inositol Hexanicotinate)	100 mg	500%	Copper (as Copper Chelate)	500 mcg	25%
Vitamin B6 (as Pyridoxine)	30 mg	1500%	Manganese (as Manganese Chelate)	3 mg	150%
Folic Acid	400 mcg	100%	Chromium (as Chromium Chelate)	25 mcg	21%
Vitamin B12 (as Methylcobalamin)	600 mcg	10000%	Molybdenum (as Molybdenum Chelate)	50 mcg	67%
Biotin	300 mcg	100%	Potassium (as Potassium Chloride)	50 mg	1%
Joint Complex™				2,000 mg	**
Glucosamine Sulfate and Chondroitin Sulfate					
Flex Complex** 1,550 mg					**
MSM (Methyl-sulfonyl-methane), Bromelain and Hyaluronic Acid					
Digestion and infinitine complex." 1,275 mg					
Echinacea Purpurea Herb Powder, Ginger Root Extract, Quercetin, R-Alpha Lipoic Acid, Giant Knotweed Root Extract, Bilberry Fruit Powder, Blueberry Fruit Extract, Pomegranate Fruit Extract, Grape Seed Extract, Raspberry Seed (fruit), Lycopene, Lutein					
Vanadium (as Vanadium Citrate) 10 mcg **					
Boron (as Boron Citrate)				500 mcg	**
* Descent Daily Values (DM) are based on a 2,000 coloris diet					

Other Ingredients: Stearic Acid. Magnesium Stearate. Croscarmellose Sodium. Microcrystalline Cellulose. Silicon Dioxide. Hydroxypropyl Methylcellulose, and Polyethylene Glycol.

Contains: Fish (Tilapia), Shellfish (shrimp, crab, and/or lobster), and Sov.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, wheat, soybeans, shellfish, fish oil, tree nuts, and peanuts.