

ENERGY FORMULA

energy production[✓]

mental focus[✓]

immune support[✓]

MULTIVITAMIN • MULTIMINERAL

Dietary Supplement

90 Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as ascorbic acid)	250 mg	280%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Thiamin (Vitamin B1)(as thiamin mononitrate)	30 mg	2500%
Riboflavin (Vitamin B2)	30 mg	2310%
Niacin (as niacinamide)	30 mg NE	190%
Vitamin B6 (as pyridoxine HCl)	30 mg	1765%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	50 mcg	2085%
Biotin (as d-biotin)	100 mcg	335%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium carbonate, dicalcium phosphate)	165 mg	15%
Iron (as ferrous fumarate)	7 mg	40%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	10%
Zinc (as zinc oxide)	7 mg	65%
Selenium (as L-selenomethionine)	70 mcg	130%
Manganese (as manganese gluconate)	2 mg	85%
Chromium (Chromax®)(as chromium picolinate)	50 mcg	145%

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Guarana Extract (seed) std. to 22% Caffeine (22 mg)	100 mg	*
Ginseng (<i>Panax ginseng</i>)(root)	50 mg	*
Eleuthero Extract (<i>Eleutherococcus senticosus</i>)(root and stem) std. to 0.8% Eleutherosides (0.4 mg)	50 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) std. to 50% Polyphenols (25 mg)	50 mg	*
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Bee Pollen Powder	10 mg	*
Royal Jelly 3x std. to 4% 10-HAD	4.3 mg	*
Coenzyme Q-10	100 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, aqueous coating, croscarmellose sodium, magnesium stearate, silicon dioxide, modified cellulose, stearic acid.

✓ 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.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

TAMPER EVIDENT

Do not use if outer seal is broken or missing.



Chromax® is a registered trademark of Nutrition 21.

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