

PROCERA[®] ESSENTIALS

MULTIVITAMIN & MINERALS

Complete Multivitamin & Minerals
with Essential Nutrients



DIETARY SUPPLEMENT
30 SERVINGS

Supplement Facts

Serving Size: 4 Veggie Capsules Servings per Container: 30

Amount Per Serving	% Daily Value
Vitamin A (as Beta-carotene)	7,500 IU 150%
Vitamin C (from Ca, Mg, and K ascorbates)	250 mg 417%
Vitamin D-3 (as cholecalciferol)	800 IU 200%
Vitamin E (from d-alpha tocopheryl succinate)	150 IU 500%
Vitamin K (Phytonadione (K1) and MK7 (K2))	120 mcg 150%
Vitamin B-1 (Thiamin HCl & cocarboxylase)	25 mg 1,670%
Vitamin B-2 (Riboflavin 5'-phosphate & Riboflavin)	25 mg 1,470%
Vitamin B-3 (Niacinamide and Niacin)	60 mg 300%
Vitamin B-6 (Pyridoxal 5'-phosphate & Pyridoxine HCl)	40 mg 2,000%
Folate (Ca folinate and 5-MTHF)	600 mcg 150%
Vitamin B-12 (as methylcobalamin)	200 mcg 3,330%
Biotin (pure crystalline)	500 mcg 170%
Vitamin B-5 (from d-Ca pantothenate)	65 mg 650%
Calcium (from Ca Krebs blend & ascorbate)	100 mg 10%
Magnesium (from Mg malate and ascorbate)	100 mg 25%
Zinc (from Zn citrate and picolinate)	20 mg 130%
Selenium (from l-selenomethionine)	75 mcg 110%
Copper (from Cu sebacate)	2 mg 100%
Manganese (from Mn citrate)	5 mg 250%
Chromium (from polynicotinate)	200 mcg 167%
Molybdenum (from Mo citrate)	100 mcg 130%
Potassium (from K citrate)	99 mg 2%
Choline (from bitartrate)	100 mg *
Inositol (pure crystalline)	200 mg *
N-Acetyl-L-Cysteine (NAC)	75 mg *
Betaine HCl (beet extract)	50 mg *
Turmeric (95% curcuminoids) (from Curcuma longa) (rhizome)	50 mg *
BioVin [®] Grape Extract (vitis vinifera) (pulp, skin & seed)	30 mg *
Broccoli Sprouts Powder	25 mg *
Stevia Rebaudiana Leaf Extract	20 mg *
Lycopene (tomato extract) (fruit)	3 mg *
Boron (from glycinate, citrate, and aspartate)	2 mg *
Lutein (from marigold-Calendula officinalis) (flower)	1 mg *
Octacosanol (from sugar cane policosanol)	250 mcg *
Vanadium (from Bis-glycinato oxo vanadium)	100 mcg *

*Daily Value not established

Other ingredients: microcrystalline cellulose, HPMC (veggie capsule), ascorbyl palmitate, silica, and natural vanilla flavoring.



PROCERA
ESSENTIALS
MULTIVITAMIN
& MINERALS

is part of our Foundational
Nutrition Series. For more
information, please visit
www.ProceraHealth.com.

Suggested Usage: Take four (4)
per day with or between meals.

CONTAINS NO: wheat, gluten, rye,
oats, corn, barley, soy, yeast, egg,
sugar, dairy products, wax, GMOs,
animal fats, preservatives, coloring
or artificial flavoring.

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

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