

HOLISTIC TREATMENT

SUGGESTED USE: Take 3-5 capsules twice daily, or as otherwise directed.

HYPOALLERGENIC: Contains no artificial color, flavors or preservatives.

If you are pregnant or breastfeeding, consult your healthcare professional prior to using this product. **Keep out of reach of children. Do not use if outer seal is broken.**

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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MULTI-VITAMIN SELF DEFENSE

Dietary Supplement | 300 CAPSULES

Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 180

	Amount Per Serving	% DV
Vitamin A (as betatene®)	4000 IU	80%
Vitamin C (as calcium ascorbate)	570 mg	950%
Vitamin D3 (cholecalciferol)	1875 IU	468%
Vitamin E succinate	400 IU	1333%
Vitamin K1	80 mcg	100%
Thiamin (as HCl)	25 mg	1666%
Riboflavin	37.5 mg	2205%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxal 5' phosphate & Pyridoxine HCl)	40 mg	2000%
Folate (as folic acid)	240 mcg	60%
Vitamin B-12	1.5 mg	25000%
Biotin	120 mcg	40%
Pantothenic Acid (as d-calcium pantothenate)	52.5 mg	1525%
Calcium (as calcium ascorbate, carbonate & citrate)	196 mg	19%
Iodine (as potassium iodine)	150 mcg	100%
Magnesium (as oxide)	208.5 mg	52%
Zinc (as aspartate)	9 mg	60%
Selenium (as chelate)	90 mcg	128%
Copper (gluconate)	460 mcg	23%
Manganese (sulfate)	.5 mg	225%
Chromium (picolinate)	100 mcg	83%
Molybdenum (chelate)	60 mcg	80%
Potassium (chloride)	49.5 mg	>1%
Boron (chelate)	150 mcg	*
Vanadium (chelate)	80 mcg	*
Choline (as bitartrate)	150 mg	*
Proprietary Blend	1066 mg	*
Spirulina, L- Glutamine, Bee Pollen, Ginkgo Biloba Leaf Ext 24%, Citrus Bioflavonoids, PABA, Inositol, Betaine HCl, CoQ10, Hesperidin, Rutin, Licorice Root (de-glycosylated), Policosanol & Octacosanol		
Enzyme Delivery System	37.5 mg	*
Lipase, Bromelain & Papain		

* Daily Value not established

Other ingredients: Capsule (gelatin) and magnesium stearate

MANUFACTURED IN A GMP COMPLIANT FACILITY