

Multivitamin EasySticks Features

- Great-tasting fruit flavored powder
- Sprinkle directly in the mouth with no water or mixing needed
- Comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants
- Supports healthy methylation with choline and activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate†
- Enhanced with blueberry and cherry; consumption of blueberries has been associated with cardiovascular and brain health‡



Multivitamin EasySticks

Great tasting powder delivery form

Natural Blueberry Flavor



Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

30 SINGLE-SERVING STICK PACKS



\*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.

Supplement Facts

Serving size 1 stick pack (approximately 6 g)  
Servings per container 30

|                                                                                                          | Amount Per Serving | %DV ages 1-3    | %DV ages 4+     |
|----------------------------------------------------------------------------------------------------------|--------------------|-----------------|-----------------|
| Calories                                                                                                 | 10                 |                 |                 |
| Total Carbohydrate                                                                                       | 2.5 g              | 2% <sup>^</sup> | 1% <sup>^</sup> |
| Total Sugars                                                                                             | 0.5 g              | 1%              | 2%              |
| Sugar alcohols                                                                                           | 2 g                | *               | *               |
| Vitamin A (as retinyl acetate)                                                                           | 300 mcg            | 100%            | 33%             |
| Vitamin C (as ascorbic acid)                                                                             | 100 mg             | 667%            | 111%            |
| Vitamin D (as cholecalciferol) (D <sub>3</sub> ) (400 IU)                                                | 10 mcg             | 67%             | 50%             |
| Vitamin E (as d-alpha tocopherol succinate)                                                              | 10.1 mg            | 168%            | 67%             |
| Thiamin (as thiamin HCl) (B <sub>1</sub> )                                                               | 1.5 mg             | 300%            | 125%            |
| Riboflavin (as vitamin B <sub>2</sub> and 50% as riboflavin 5' phosphate (activated B <sub>2</sub> ))    | 2 mg               | 400%            | 154%            |
| Niacin (as niacinamide)                                                                                  | 10 mg              | 167%            | 63%             |
| Vitamin B <sub>6</sub> (as pyridoxine HCl and 50% as pyridoxal 5' phosphate (activated B <sub>6</sub> )) | 2.8 mg             | 560%            | 165%            |
| Folate (as Metafolin®, L-5-MTHF 300mcg)                                                                  | 500 mcg DFE        | 333%            | 125%            |
| Vitamin B <sub>12</sub> (as hydroxycobalamin)                                                            | 5 mcg              | 556%            | 208%            |
| Biotin                                                                                                   | 30 mcg             | 375%            | 100%            |
| Pantothenic acid (as d-calcium pantothenate) (B <sub>5</sub> )                                           | 6 mg               | 300%            | 120%            |
| Choline (as choline bitartrate)                                                                          | 10 mg              | 5%              | 2%              |
| Calcium (as calcium citrate)                                                                             | 200 mg             | 29%             | 15%             |
| Iodine (as potassium iodide)                                                                             | 75 mcg             | 83%             | 50%             |
| Magnesium (as di-magnesium malate)                                                                       | 150 mg             | 188%            | 36%             |
| Zinc (as zinc picolinate)                                                                                | 3 mg               | 100%            | 27%             |
| Copper (as copper bis-glycinate)                                                                         | 200 mcg            | 67%             | 22%             |
| Inositol                                                                                                 | 10 mg              | *               | *               |
| Vitamin K <sub>2</sub> (as menaquinone-7)                                                                | 22.5 mcg           | *               | *               |
| Blueberry (Vaccinium angustifolium) powder (fruit) (organic)                                             | 750 mg             | *               | *               |
| Cherry (Prunus spp.) extract (fruit)                                                                     | 150 mg             | *               | *               |

\*Daily value (DV) not established  
<sup>^</sup>Percent daily values are based on a 2,000 calorie diet

Other ingredients: xylitol, glycerine, malic acid, citric acid, hypoallergenic plant fiber (cellulose), stevia leaf extract

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

manufactured by Pure Encapsulations  
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v3  
code: MVESb3

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 stick pack daily, sprinkled directly in the mouth, with a meal.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



Use only if safety seal is intact.  
Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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