

**Suggested Use:** Take two capsules in the morning, two at noon and one in the evening.

**Caution:** If you are pregnant or lactating, consult with a health care professional before taking this product.

Do not use if safety seal is broken.

Keep out of reach of children.  
Store in a cool, dry place.

\*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.

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**ENRICHING GIFTS**

**COMPLETE VITAMINS PLUS**  
Supports Cell Nutrition\*  
Dietary Supplement

**150 Capsules**

## Supplement Facts

Serving Size: 2 capsules  
Servings Per Bottle: 75

| Amount Per Serving                       | %DV      | Amount Per Serving                                                                                 | %DV     |
|------------------------------------------|----------|----------------------------------------------------------------------------------------------------|---------|
| Vitamin A (Palmitate)                    | 4,000 IU | Spinulina (Spinulins) (Whole Plant)                                                                | 60 mg † |
| Vitamin A (Beta Carotene)                | 4,000 IU | Boron (Amino Acid Chelate)                                                                         | 2 mg †  |
| Vitamin C (Ascorbic Acid)                | 200 mg   | Choline (Bilinate)                                                                                 | 12 mg † |
| Vitamin D-3 (Cholecalciferol)            | 160 IU   | GR80CF-77™ Enzyme & Mineral Blend                                                                  | 20 mg † |
| Vitamin E (d-alpha tocopheryl succinate) | 80 IU    | Protein Amino Acid Blend (Malt Dextrin, Gelatin, Lactose, Boron, Inulin, Lipoic Acid, Glutathione) | 20 mg † |
| Vitamin E (d-alpha tocopheryl succinate) | 20 mcg   | Guargulid Est. 20% 20F (Guargulid)                                                                 | 20 mg † |
| Vitamin B-1 (Thiamine HCl)               | 10 mg    | Coriander (Whole Plant)                                                                            | 20 mg † |
| Vitamin B-2 (Riboflavin)                 | 10 mg    | Inulin                                                                                             | 12 mg † |
| Vitamin B-3 (Nicotin)                    | 20 mg    | Citrus Bioflavonoid Complex                                                                        | 10 mg † |
| Vitamin B-6 (Pyridoxine HCl)             | 10 mg    | Rutin                                                                                              | 10 mg † |
| Folic Acid                               | 320 mcg  | Eleuthero Root (Eleuthero)                                                                         | 10 mg † |
| Vitamin B-12 (Cyanocobalamin)            | 40 mcg   | Grape Seed Est. (Polyphenols)                                                                      | 8 mg †  |
| Biotin                                   | 40 mcg   | 80% Fruit Concentrate                                                                              | 8 mg †  |
| Vitamin B-5 (Pantothenic Acid)           | 20 mg    | Royal Jelly (5.8%, 10-HDA)                                                                         | 8 mg †  |
| Calcium (Citrate)                        | 100 mg   | Quercetin                                                                                          | 4 mg †  |
| Calcium (as Dicalcium Malate)            | 100 mg   | CoQ10                                                                                              | 4 mg †  |
| Iodine (as Potassium Iodide)             | 65 mcg   | Chitosan Est.                                                                                      | 4 mg †  |
| Magnesium (Glycinate)                    | 150 mg   | 20% Fruit Concentrate                                                                              | 4 mg †  |
| Zinc (Citrate)                           | 10 mg    | Pine Bark Est. (5.8%, 10-HDA)                                                                      | 4 mg †  |
| Selenium (L-Selenomethionine)            | 40 mcg   | Sodium Copper Chlorophyllin                                                                        | 4 mg †  |
| Copper (Amino Acid Chelate)              | 80 mcg   | Bilberry Est. 20% Anthocyanins                                                                     | 2 mg †  |
| Manganese (Amino Acid Chelate)           | 2 mg     | Protein Amino Acid Blend                                                                           | 2 mg †  |
| Chromium (Polynicotinate)                | 400 mcg  | Alpha Liponic Acid                                                                                 | 2 mg †  |
| Potassium (Amino Acid Chelate)           | 10 mg    |                                                                                                    |         |

†Daily Value not established

Other ingredients: Gelatin capsule (gelatin, water), calcium laurate. Contains Soy