

| Amount Per Serving                                 | % Daily Value |
|----------------------------------------------------|---------------|
| Rose Hips .....                                    | 25 mg *       |
| Spirulina .....                                    | 25 mg *       |
| Choline (from choline bitartrate) .....            | 25 mg *       |
| Inositol .....                                     | 25 mg *       |
| Betaine HCl .....                                  | 25 mg *       |
| Papain .....                                       | 20 mg *       |
| Bromelain .....                                    | 20 mg *       |
| Lipase .....                                       | 20 mg *       |
| Lutemax™ 2020 (providing lutein, zeaxanthin) ..... | 20 mg *       |
| Lyc-O-Mato® (source of lycopene).....              | 10 mg *       |

\* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silica, dibasic calcium phosphate, glycerin.

**SUGGESTED USE:** Take two tablets daily with food or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**Lutemax™ 2020** trademark belongs to OmniActive Health Technologies Ltd.

**L-OptiZinc®** is a registered trademark of Interhealth, N.I. L-OptiZinc® brand of zinc l-methionine (U.S. Patent 5,278,329).

**Lyc-O-Mato®** is a registered trademark of LycoRed Natural Products Limited, Inc.

**WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY**  
To report a serious adverse event, call 1-888-710-0006

Iron-Free

# HEALTHY AGING MULTI

Nutritional Support for the Mature Adult

Dietary Supplement

**60 VEGETARIAN TABLETS**



## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

| Amount Per Serving                                                                   | % Daily Value |
|--------------------------------------------------------------------------------------|---------------|
| Vitamin A (100% as beta-carotene) ....                                               | 2,500 IU 50%  |
| Vitamin C (as calcium ascorbate) .....                                               | 120 mg 200%   |
| Vitamin D3 (as cholecalciferol) .....                                                | 800 IU 200%   |
| Vitamin E (as d-alpha tocopheryl succinate) ...                                      | 30 IU 100%    |
| Thiamin (as thiamin mononitrate) .....                                               | 3 mg 200%     |
| Riboflavin<br>(from riboflavin-5'-phosphate sodium)...                               | 3.4 mg 200%   |
| Niacin (as niacinamide) .....                                                        | 20 mg 100%    |
| Vitamin B6 (as pyridoxine HCl) .....                                                 | 4 mg 200%     |
| Folic Acid .....                                                                     | 400 mcg 100%  |
| Vitamin B12 (as cyanocobalamin).....                                                 | 30 mcg 500%   |
| Biotin .....                                                                         | 150 mcg 50%   |
| Pantothenic Acid (as calcium pantothenate) 10 mg                                     | 100%          |
| Calcium (from calcium citrate, calcium<br>ascorbate and calcium pantothenate) 145 mg | 15%           |
| Iodine (from potassium iodide) .....                                                 | 50 mcg 35%    |
| Magnesium (from magnesium citrate) ....                                              | 50 mg 15%     |
| Zinc (from L-OptiZinc®).....                                                         | 15 mg 100%    |
| Selenium (from selenomethionine) .....                                               | 35 mcg 50%    |
| Copper (from copper gluconate) .....                                                 | 1 mg 50%      |
| Manganese (from manganous gluconate) ...                                             | 1 mg 50%      |
| Chromium (from picolinate) .....                                                     | 60 mcg 50%    |
| Molybdenum (from sodium molybdate) ...                                               | 10 mcg 15%    |

KEEP OUT OF REACH OF CHILDREN.

VL 503-60K



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