

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Bioflavonoids (from Citrus limon exocarp) (active flavonols, flavonones, flavones & naringenin [26 mg]); eriocitrin†) .....	60 mg	RNA (ribonucleic acid) .....	21 mg *
Black Currant Seed Oil .....	50 mg	Apple Pectin .....	20 mg *
Ginseng Root (Korean) .....	50 mg	PABA (para-aminobenzoic acid) .....	15 mg *
Bromelain (from pineapple fruit) (24 gelatin digesting units) ..	40 mg	Hesperidin (from Citrus limon exocarp) .....	10 mg *
Choline (as bitartrate) .....	30 mg	Chlorophyll (from spirulina) ...	7.5 mg *
Inositol .....	30 mg	Amylase (from brown rice fermentation) .....	5 mg *
Quercetin (from Saphora japonica leaf) .....	30 mg	Lipase (from brown rice fermentation) .....	5 mg *
Papain (from papaya fruit) ..	30 mg	Carotenoids .....	4 mg *
Rutin (from Saphora japonica leaf) .....	25 mg	Octacosanol .....	200 mcg *
Betaine HCl (from beet molasses) .....	25 mg		

Other Ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Echinacea angustifolia root, Irish moss (Chondrus crispus), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

**SUGGESTED USE:** Take three tablets daily as a dietary supplement. Do not take with sulfonamide since PABA interferes with the activity of the drug.

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

**WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY**

Spirulina supplies a natural source of DNA.

† Due to seasonal variations and fluctuations in the natural content of citrus fruit, percent occurrences of individual bioflavonoids may vary from one lot to another.

**To report a serious adverse event, call 1-888-710-0006**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

# LIFE MULTI COMPLETE®

With Whole Food Concentrates  
Multi-Vitamin & Mineral Supplement

**90 VEGETARIAN TABLETS**



## Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories 20		
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	6%***
Protein	1 g	
Vitamin A (as beta-carotene) .....	10,000 IU	200%
Vitamin C (as ascorbic acid) .....	1,000 mg	1667%
Vitamin D (as ergocalciferol) .....	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) .....	200 IU	667%
Vitamin B-1 (as thiamine HCl) .....	25 mg	1667%
Vitamin B-2 (as riboflavin) .....	25 mg	1471%
Niacin (as niacinamide) .....	40 mg	200%
Vitamin B-6 (as pyridoxine HCl) .....	25 mg	1250%
Folate (as folic acid) .....	400 mcg	100%
Vitamin B-12 (as cyanocobalamin) .....	200 mcg	3333%
Biotin .....	100 mcg	33%
Pantothenic Acid (as calcium pantothenate) .....	60 mg	600%
Calcium (as aminoate complex) .....	200 mg	20%
Iron (as aminoate complex, ascorbate) .....	18 mg	100%
Iodine (from potassium iodide and kelp) .....	150 mcg	100%
Magnesium (as aminoate complex) .....	100 mg	25%
Zinc (as aminoate complex, picolinate) .....	15 mg	100%
Selenium (as aminoate complex) .....	25 mcg	36%
Copper (as aminoate complex) .....	0.5 mg	25%
Manganese (as aminoate complex) .....	4 mg	200%
Chromium (as aminoate complex) .....	20 mcg	17%
Potassium (as aminoate complex) .....	50 mg	1%
Spirulina .....	1,000 mg	*
Bee Pollen (Spanish) .....	100 mg	*
Sunflower Oil (supplying linoleic acid [54.1 mg], oleic acid [9.3 mg] palmitic acid [4.4 mg], stearic acid [2.2 mg]) .....	70 mg	*

KEEP OUT OF REACH OF CHILDREN.

VL 542M



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