

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, or planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if outer seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Ester-C® is a registered trademark of The Ester C Company.
†Albion® is a registered trademark of Albion Laboratories, Inc.
††Naturally occurring.
†††Not Genetically Modified, Soy From Nature®

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PHYTONUTRIENT COMPLEX MULTIPLE VITAMIN AND MINERAL FORMULA

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE
Non-GMO



Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 90

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 2,500 mcg..... 278%		Choline 75 mg..... 14%		Soy Germ Powder ††† 50 mg..... *	
(from natural beta-carotene)		(as choline bitartrate)		Standardized 50 mg..... *	
Vitamin C 300 mg..... 333%		Calcium..... 128 mg..... 10%		Turmeric Extract	
(as Ester-C®, calcium ascorbate)		(as glycinate chelate†, calcium ascorbate)		(curcuminoids 46.5 mg [93%]) (root)	
Vitamin D 5 mcg (200 IU) 25%		Iron 9 mg..... 50%		Broccoli Powder 50 mg..... *	
(as D2, ergocalciferol)		(as ferrous bisglycinate chelate†)		Phosphatidylserine 50 mg..... *	
Vitamin E 60 mg..... 400%		Iodine..... 150 mcg..... 100%		Complex	
(as d-alpha tocopheryl succinate)		(as potassium iodide)		(phosphatidylserine 10 mg [20%])	
Vitamin K 20 mcg..... 17%		Magnesium..... 64 mg..... 15%		Polyphenols 20 mg..... *	
(as phytonadione)		(as glycinate chelate†, oxide)		(from green tea leaf and grape seed extracts)	
Thiamin 30 mg..... 2,500%		Zinc (as glycinate) 10 mg..... 91%		Citrus Bioflavonoid 13 mg..... *	
(as thiamin mononitrate)		Selenium..... 70 mcg..... 127%		Complex	
Riboflavin..... 35 mg..... 2,692%		(as L-selenomethionine)		Alpha-Lipoic Acid 10 mg..... *	
Niacin (as niacinamide) 60 mg..... 375%		Copper 1.5 mg..... 167%		Coenzyme Q-10 10 mg..... *	
Vitamin B6 10 mg..... 588%		(as glycinate chelate†)		Quercetin 10 mg..... *	
(as pyridoxine HCl)		Manganese 2 mg..... 87%		Riboflavin-5'-Phosphate 1 mg..... *	
Folate 666 mcg DFE 167%		(as glycinate chelate†)		Carotenoid Mix 13 mcg..... *	
(400 mcg folic acid)		Chromium 100 mcg..... 286%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin B12 100 mcg..... 4,167%		(as chromium picolinate)			
(as cyanocobalamin)		Sodium†† 10 mg..... <1%			
Biotin (as D-biotin)..... 100 mcg..... 333%		Inositol 75 mg..... *			
Pantothenic Acid..... 80 mg..... 1,600%					
(as D-Ca pantothenate)					

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Grapeskin Extract (color), Vegetable Glycerin, Mannitol, Titanium Dioxide Color.

Contains soy ingredients.

FREE OF: Gluten, Wheat, Dairy, Sugar and Artificial Flavor.



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