

ELEMENTAL is a full-spectrum, multi-target joint and general health multi-vitamin supplement. Key ingredients in **ELEMENTAL** have been demonstrated to support healthy joint and bodily functions.†

WARNING:

This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS:

Take 4 capsules daily with food.

†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.



ARMS RACE
NUTRITION

ELEMENTAL

**MULTI-VITAMIN AND
JOINT HEALTH**

**WELLNESS
VITALITY
MOBILITY
MAINTENANCE**

**OLD SCHOOL DEDICATION.
MODERN SCIENCE.**

DIETARY SUPPLEMENT

120 VEGETABLE CAPS

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (As Palmitate)	5000 IU	100%*
Vitamin C (As Ascorbic Acid)	120 mg	133%*
Vitamin D3 (as Cholecalciferol)	1000 IU	250%*
Vitamin E (as d-alpha-tocopherol acetate)	30 IU	100%*
Thiamine	6 mg	500%*
Riboflavin	6.8 mg	520%*
Niacin	80 mg	500%*
Vitamin B6 (as Pyridoxine Hydrochloride)	8 mg	470%*
Folic Acid	1.6 mg	400%*
Vitamin B12 (as Methylcobalamin)	24 mcg	1000%*
Biotin	1.2 mg	4000%*
Vitamin B5 (as Pantothenic Acid)	40 mg	800%*
Calcium (as Calcium Carbonate)	80 mg	6%*
Iodine (as Potassium Iodide)	150 mcg	100%*
Magnesium (as Magnesium Oxide)	34 mg	8%*
Zinc (as Zinc Oxide)	15 mg	136%*
Selenium (as Selenium Glycinate)	70 mcg	127%*
Copper (as Copper Gluconate)	1 mg	111%*
Manganese (as Manganese Bisglycinate Chelate)	1 mg	43%*
Chromium (as Chromium Nicotinate Glycinate Chelate)	120 mcg	343%*
Molybdenum (as Molybdenum Glycinate Chelate)	75 mcg	166%*
Glucosamine Sulfate	450 mg	**
Chondroitin Sulfate Sodium	450 mg	**
Methylsulfonylmethane (MSM)	400 mg	**
Turmeric Extract (Curcuma longa) (root) (95% curcumin)	380 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS:

Rice Flour, Cellulose (Vegetable Capsule), Magnesium Stearate, Silicon Dioxide.

Manufactured in a U.S. cGMP Facility.
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