



Suggested Use: As a dietary supplement, adults take 3 capsules daily with a meal. FOR DAILY USE.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta carotene)	1500 mcg	167%
Vitamin C (as magnesium ascorbate)	300 mg	333%
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (d-alpha tocopheryl succinate)	67 mg	447%
Thiamin (vitamin B1 as thiamine HCL)	12 mg	1000%
Riboflavin (vitamin B2)	5 mg	385%
Niacinamide	50 mg	313%
Vitamin B6 (as pyridoxine HCL)	15 mg	882%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Biotin	300 mcg	1000%
Pantothenic acid	25 mg	500%
Calcium (as calcium citrate)	25 mg	2%
Iodine (as amino acid chelate)	100 mcg	67%
Magnesium (as magnesium citrate and ascorbate)	30 mg	7%
Zinc (as zinc citrate)	15 mg	136%
Selenium (selenium yeast)	150 mcg	273%
Chromium (as chromium picolinate)	200 mcg	571%
Molybdenum (as molybdenum Krebs)	50 mcg	111%
Healthy Vision Blend	212 mg	†

Bilberry, *Vaccinium myrtillus* (fruit),
Black Currant Extract, *Ribes nigrum* (fruit),
Lutein (FloraGlo® Lutein), Zeaxanthin

Purity Super Veggie Blend (VitaVeggie®)	100 mg †
Broccoli, Broccoli Sprouts, Tomatoes, Carrots, Kale, Spinach, Brussels Sprouts, Onions	
Purity VitaBerry® Blend	45 mg †
Grape and Grape Seed Extract, Wild Blueberry and Wild Blueberry Extract, Raspberry and Raspberry Seed Concentrate, Cranberry, Prune, Tart Cherry, Wild Bilberry, Wild Bilberry Extract, Strawberry, silicon dioxide	
Citrus Bioflavonoids	100 mg †
Ginkgo Biloba (leaf)	50 mg †
Grape Seed Extract, <i>Vitis vinifera</i>	50 mg †
Carrot	25 mg †
Squash	25 mg †
Apricot	25 mg †
Quercetin	25 mg †
Milk Thistle Extract, <i>Silybum marianum</i> (seed)	15 mg †
Curcumin (Turmeric extract (<i>Curcuma longa</i> (rhizomes)))	5 mg †
Boron (boron citrate)	3 mg †
Purity's BioAbsorb Complex™	13 mg †
Lactospore® (Lactobacillus sporogenes) Bioperine® (Black Pepper Extract, fruit)	

†Daily Value not established.

Other Ingredients: Gelatin, microcrystalline cellulose, vegetable stearate, silica and tocopherols.