



VITA HD

ESSENTIAL HEALTH MULTI

IMMUNITY & DETOXIFICATION

ENERGY & MOOD

INTERNAL SHIELD & SUPPORT

CELLULAR FUNCTION & HEALTH

60
SERVINGS

300 CAPSULES
DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving size: 5 capsules

Servings per container: 60

Amount per serving		% D.V.*
Vitamin A (as Palmitate Acetate & Beta Carotene) (50/50)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	500 mg	833.5%
Vitamin D (as Cholecalciferol D-3)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol from mixed Tocopherols and Tocotrienols)	150 IU	500%
Vitamin K2 (from MenaQ7 [®] Menaquinone, MK-7)	50 mcg	42%
Thiamin (Vitamin B1) (as Thiamine HCL)	50 mg	3,333%
Riboflavin (Vitamin B2)	37.5 mg	2,235.5%
Niacin (as Niacinamide)	37.5 mg	187.5%
Vitamin B6 (as Pyridoxal 5-Phosphate)	90 mg	4,500%
Folate (as L-5-Methyltetrahydrofolate)	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid (Vitamin B5) (as Calcium Pantothenate)	50 mg	500%
Calcium (as TRAACS [™] Calcium Bisglycinate Chelate)	125 mg	12.5%
Iodine (as Potassium Iodide)	100 mcg	66.5%
Magnesium (as TRAACS [™] Magnesium Bisglycinate Chelate)	200 mg	50%
Zinc (as TRAACS [™] Zinc Bisglycinate Chelate)	15 mg	100%
Selenium (as Albion [™] Selenium Glycinate)	100 mcg	142%
Manganese (as TRAACS [™] Manganese Bisglycinate Chelate)	2.5 mg	125%
Chromium (as TRAACS [™] Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
Molybdenum (as TRAACS [™] Molybdenum Glycinate Chelate)	150 mcg	200%
Potassium (as Albion [™] Potassium Glycinate Complex)	100 mg	3%
Boron (as Albion [™] Bororganic Glycine)	1 mg	**
HUMAN PROTOCOL COMPLEX		
Organic Cordyceps Mushroom Extract (<i>Cordyceps militaris</i>) (fruiting body) (std. min. 25% beta-glucan)	250 mg	**

Strontium (as citrate)	250 mg	**
Plant Phytosterols	200 mg	**
KSM-66 [®] Organic Ashwagandha (Standardized Extract, (<i>Withania somnifera</i> ; Root; 5.0% Withanolides)	125 mg	**
L-Tyrosine	125 mg	**
Garlic Bulb Extract (<i>Allium sativum</i> L.)	100 mg	**
Ginger Root Extract (<i>Zingiber officinale</i>)	100 mg	**
Grape Seed Extract (<i>Vitis vinifera</i>) (Std. 95% Polyphenols)	100 mg	**
L-Glutathione (as SETRIA [®])	100 mg	**
Quercetin Anhydrous	100 mg	**
Turmeric Extract (<i>Curcuma longa</i>) (rhizome) (std. 95% Curcuminoids)	100 mg	**
French Pine Bark Extract (std. min 90% Oligomeric Pro)	60 mg	**
5-HTP (5-hydroxytryptophan) (<i>Griffonia simplicifolia</i>) (seed)	50 mg	**
Eleuthero Root Extract (<i>Eleutherococcus senticosus</i>)	50 mg	**
Holy Basil (leaf) (<i>Ocimum sanctum</i>)	50 mg	**
L-Theanine	50 mg	**
Spectra [™] Total ORAC Blend (Green coffee extract, green tea extract, broccoli sprout, onion extract, apple extract, acerola extract, camu camu, quercetin, tomato, broccoli, acai, basil, cinnamon, garlic, oregano, turmeric extract, carrot, elderberry, mangosteen, blackberry, blackcurrant extract, blueberry extract, chokeberry, raspberry, sweet cherry, spinach, kale, bilberry extract, brussels sprout)	50 mg	**
Ubiquinol (as Kaneka Ubiquinol [™])	50 mg	**
Ginkgo Biloba Extract (leaf)	40 mg	**
Guggul Extract (std. 2.5% Guggulsterones)	30 mg	**
Lutein	5 mg	**
PQQ (Pyrroloquinoline quinone disodium salt)	5 mg	**
Black Pepper Fruit Extract	2.5 mg	**
Astaxanthin	500 mcg	**
Zeaxanthin	500 mcg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

OTHER INGREDIENTS: Hypromellose Capsule, Silicon Dioxide, Magnesium Stearate (vegetable source)