

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 2 times daily, with meals.

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.



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Longevity Nutrients

With Metafolin® L-5-MTHF;
Multivitamin/mineral complex for healthy aging†

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
240 CAPSULES



Supplement Facts

Serving size 2 capsules
Servings per container 120

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg	223%
Vitamin K (as vitamin K ₁)	42.5 mcg	35%
Thiamin (as thiamin HCl) (B ₁)	5 mg	417%
Riboflavin (as vitamin B ₂ and 61 % riboflavin 5' phosphate (activated B ₂))	6 mg	462%
Niacin (as niacin and 56% niacinamide)	22.5 mg	141%
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B ₆))	5.85 mg	344%
Folate (as Metafolin® , L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	200 mcg	571%

Other ingredients: vegetarian capsule (cellulose, water), calcium phosphate, ascorbyl palmitate, silicon dioxide

Vitamin K ₂ (menaquinone-7)	75 mcg	*
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid (thioctic acid)	37.5 mg	*
MacularSynergy Extra†		
FloraGLO® lutein	5 mg	*
Zeaxanthin	1 mg	*
CognitivePro Complex†		
Bacopa (<i>Bacopa monnieri</i>) extract (aerial parts) (standardized to contain 20% bacosides)	50 mg	*
Ginkgo (<i>Ginkgo biloba</i>) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	40 mg	*
Alpha-GPC (from 50 mg stabilized L-alpha-glycerophosphocholine)	25 mg	*
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Cardio Polyphenol Complex†		
Red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	37.5 mg	*
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg	*
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
* Daily value (DV) not established		

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Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

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†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.