

Suggested Use: As a dietary supplement, take one capsule daily with food, or as directed by your healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store in a cool, dry place.



Quatrefolic® Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662

TRAACS®

TRAACS® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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**BodSmith**

Perfection One
A Multiple Vitamin/Mineral
Supplement for Adults



Gluten Free
60 Vegetarian Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as 50% Retinyl Acetate, 50% Mixed Carotenoids) 3,500 IU	70%
Vitamin C (as Ascorbic Acid) 150 mg	250%
Vitamin D3 (as Cholecalciferol) 2,000 IU	500%
Vitamin E (as d-alpha Tocopheryl Succinate) 30 IU	100%
Vitamin K2 (as Menaquinone-7) 50 mcg	60%
Thiamine (as Thiamine HCl) 5 mg	333%
Riboflavin (as Riboflavin 5-Phosphate) 3.5 mg	206%
Niacin (as Niacinamide) 20 mg	100%
Vitamin B6 (as Pyridoxal 5-Phosphate) 5 mg	250%
Folate (as (6S)-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt) 400 mcg	100%
Vitamin B12 (as Methylcobalamin) 500 mcg	8,333%
Biotin 300 mcg	100%
Pantothenic Acid (as Ca Pantothenate) 10 mg	100%
Iodine (as K Iodide) 150 mcg	100%
Zinc (as Zn Citrate) 25 mg	167%
Selenium (as Selenomethionine) 50 mcg	71%
Manganese (as Mn Citrate) 2 mg	100%
Chromium (as Cr Polynicotinate) 200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 75 mcg	100%

Coenzyme Q10 50 mg

Alpha Lipoic Acid 50 mg

Choline (as Choline Bitartrate) 25 mg

Inositol 25 mg

Lutein 3 mg

Boron (as B Amino Acid Chelate) 1 mg

Lycopene 500 mcg

Zeaxanthin 500 mcg

*Daily Value not established.

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine.