



# LifeEssence™

WHOLE FOOD BASED MULTIVITAMIN  
OVER 19,500 MG WHOLE FOOD POWER  
AMAZINGLY ENERGIZING\*

240 TABLETS | 60 SERVINGS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 60

|                                                                                | Amount Per Serving | %DV   |
|--------------------------------------------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene) (10,000 IU).....                                  | 6000 mcg ..        | 667%  |
| Vitamin C (as ascorbic acid).....                                              | 1000 mg ..         | 1111% |
| Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU).....                | 25 mcg .....       | 125%  |
| Vitamin E (as d-alpha tocopheryl succinate) (300 IU)...                        | 249 mg ....        | 1660% |
| Vitamin K2 (as menaquinone-7)(VitaMK7®).....                                   | 40 mcg .....       | 33%   |
| Thiamine (Vitamin B1) (as thiamine mononitrate) .....                          | 30 mg .....        | 2500% |
| Riboflavin (Vitamin B2).....                                                   | 34 mg .....        | 2615% |
| Niacin (as niacinamide, niacin) .....                                          | 100 mg .....       | 625%  |
| Vitamin B6 (as pyridoxine HCl) .....                                           | 40 mg .....        | 2353% |
| Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate, glucosamine salt) ..... | 400 mcg ...        | 100%  |
| Vitamin B12 (as methylcobalamin) .....                                         | 200 mcg ..         | 8333% |
| Biotin (as d-biotin) .....                                                     | 300 mcg ..         | 1000% |
| Pantothenic acid (as d-calcium pantothenate) .....                             | 150 mg ....        | 3000% |
| Choline (as Choline bitartrate) .....                                          | 100 mg .....       | 18%   |
| Calcium (as Calcium citrate, d-calcium pantothenate) ..                        | 200 mg .....       | 15%   |
| Iodine (from Organic North Atlantic kelp) .....                                | 150 mcg ....       | 100%  |
| Magnesium (as Magnesium oxide, citrate) .....                                  | 200 mg .....       | 48%   |
| Zinc (as Zinc lactate) .....                                                   | 15 mg .....        | 136%  |
| Selenium (as Selenium l-methyl selenocysteine) .....                           | 200 mcg ...        | 364%  |
| Copper (as Copper sebacate) .....                                              | 1.5 mg .....       | 167%  |
| Manganese (as Manganese citrate) .....                                         | 2 mg .....         | 87%   |
| Chromium (as Chromium polynicotinate) .....                                    | 200 mcg ....       | 571%  |
| Molybdenum (as Molybdenum glycinate).....                                      | 50 mcg .....       | 111%  |
| Potassium (as Potassium citrate).....                                          | 49 mg .....        | <2%   |

**SuperFood Complex** ..... 1.138 g ..... \*

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf)

Amount Per Serving %DV

**Herbal Extracts** ..... 625 mg ..... \*

Cordyceps extract (mycelia), Codonopsis extract (root), Organic Atractylodes extract (root), Bacopa monnieri extract (whole herb), Eleuthero extract (root), Organic Goji berry, Schizandra extract (fruit and seed), White peony extract (root), Green tea extract (leaf)

**Bioflavonoids** ..... 150 mg ..... \*

Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Organic Rutin extract (from Sophora japonica L. bud)

**Antioxidants** ..... 125 mg ..... \*

L-Cysteine, MSM, Alpha lipoic acid

**Fruit Extracts** ..... 100 mg ..... \*

Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend

**Co-Nutrients** ..... 70.3 mg ..... \*

Mixed tocopherol complex, Inositol, Octacosanol

**Digestive Aids/Enzymes** ..... 36 mg ..... \*

Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)

**Minerals**..... 27.5 mg ..... \*

Ionic Sea Minerals, Boron (as Boron glycinate), Organic Bamboo extract (stem and leaf), Vanadium (as Vanadium glycinate)

\*Daily Value (DV) not established.

**Other Ingredients:** silicon dioxide, cellulose, croscarmellose sodium, stearic acid, l-leucine

Formulated & Distributed By:

Pure Essence Laboratories, Inc.,  
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LifeEssence™ is the world's most profound multiple, combining vitamins, minerals, trace elements, enzymes and co-nutrients with the equivalent of over 19,500 mg of pure SuperFoods, adaptogens and Superior Herbs. In these foods are phytochemicals and energies that holistic health practitioners have used for millennia to build optimal health. This remarkable nutritional system:

- ✓ Provides Vitamin & Mineral Needs\*
- ✓ Supports Cellular Integrity & Function\*
- ✓ Supports Immune Function\*
- ✓ Promotes Energy (With No Stimulants)\*

**Suggested Use:** Four tablets once daily. May be taken with a meal or on an empty stomach. May be taken in divided doses.

**Storage:** Keep closed in a cool, dry place.

**Caution:** Keep all supplements out of children's reach.

**Does NOT Contain:** wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

\* 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.

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EXPIRATION & LOT #

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