

SOLARAY®

DIETARY SUPPLEMENT

Spectro™ Energy multivitamin



ENERGY



CoQ10, D-3



ENZYMES



LUTEIN



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

DIRECTIONS: Use only as directed. Take one to four VegCaps daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 4 VegCaps

Servings Per Container 30

	Amount Per Serving	% Daily Value†
Vitamin A (100% Natural Beta Carotene) (Supplying 5,000 IU of Vitamin A)	1,500 mcg	167%
Vitamin C (Ascorbic Acid, Ascorbyl Palmitate)	500 mg	556%
Vitamin D (Ergocalciferol)(D-2) (Supplying 800 IU of Vitamin D)	20 mcg	100%
Vitamin E (Natural-Source d-Alpha Tocopheryl Acetate) (Supplying 200 IU of Vitamin E)	130 mcg	867%
Thiamine (from Mononitrate) (B-1)	30 mg	2,500%
Riboflavin (Riboflavin-5-Phosphate, Riboflavin) (B-2)	30 mg	2,308%
Niacin (Niacinamide) (B-3)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl, Pyridoxal-5-Phosphate)	30 mg	1,765%
Folic Acid	680 mcg	170%
Vitamin B-12 (Methylcobalamin, Cyanocobalamin)	100 mcg	4,167%
Biotin	300 mcg	1,000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1,000%

Calcium (from Calcium Amino Acid Chelate Complex, Carbonate)	250 mg	19%
Iron (from Iron Amino Acid Chelate Complex, Ferrous Fumarate)	9 mg	50%
Iodine (from Kelp)	100 mcg	67%
Magnesium (from Magnesium Oxide, Magnesium Amino Acid Chelate Complex)	125 mg	30%
Zinc (from Citrate, Zinc Amino Acid Chelate Complex)	15 mg	136%
Selenium (Selenomethionine)	200 mcg	364%
Copper (from Copper Amino Acid Chelate Complex)	1 mg	111%
Manganese (from Manganese Amino Acid Chelate Complex)	5 mg	217%
Chromium (from GTF Chromium Polynicotinate) (ChromeMate®)	200 mcg	571%
Molybdenum (from Glycinate)	1.9 mcg	4%
Potassium (from Chloride)	99 mg	2%
Boron (Boric Acid)	1.5 mg	*
Trace Mineral Concentrate	1 mg	*
Lutein (Marigold flower extract)	3 mg	*
Lycopene (from Tomato)	1 mg	*
Coenzyme Q-10	2 mg	*
Acetyl L-Carnitine	2 mg	*
Alpha Lipoic Acid	2 mg	*
Hyaluronic Acid	5 mg	*
L-Glutathione	1 mg	*
Choline Bitartrate	50 mg	*
Inositol	50 mg	*
PABA (Para-Aminobenzoic Acid)	25 mg	*
Lecithin (soy)	25 mg	*
Bioflavonoids Concentrate	50 mg	*
Rutin Concentrate	50 mg	*

Hesperidin Concentrate	50 mg	*
Quercetin	25 mg	*
Pectin	25 mg	*
Papain	25 mg	*
Betaine HCl	5 mg	*
Phytase (Supplying 2,000 PU/g)	2.5 mg	*
Acerola Cherry (<i>Malpighia glabra</i>) (berry)	10 mg	*

Digestive Enzyme Blend 5 mg *
(Amylase, Glucoamylase, Protease, Alpha Galactosidase, Cellulase, Bromelain, Papain, Lactase, Lipase, Pectinase [with Phytase], Invertase)

Energizing Greens & Herbs 222 mg *
(Spirulina, Eleuthero Root, Ginger Root, Cayenne, Rosemary Leaf, Barley Grass, Wheat Grass, Broken Cell Chlorrella, Chlorophyllin, Chicory Root, Cabbage, Broccoli, Bell Pepper, Aloe Vera Gel)

†Percent Daily Value based on a 2,000 calorie diet.
*Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose Capsule, Magnesium Stearate, Silica, Cellulose, Rice Flour and Soy Protein Isolate.

ChromeMate® is a registered trademark of InterHealth N.I. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Comments or Questions:

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120 VegCaps