



Just Once® Multivitamin

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)	240 mg	400%
Vitamin D (as D2 Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	60 IU	200%
Vitamin K (as Phytonadione)	30 mcg	38%
Vitamin B-1 (as Thiamin Mononitrate)	6 mg	400%
Riboflavin (Vitamin B-2)	6 mg	353%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine)	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	30 mg	300%
Calcium (as Amino Acid Chelate)	30 mg	3%
Iron (as Glycinate)	2 mg	11%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Glycinate, Ascorbate)	30 mg	8%
Zinc (as Citrate, Monomethionine)	5 mg	33%
Selenium (as Selenomethionine)	25 mcg	36%
Copper (as Glycinate)	500 mcg	25%
Manganese (as Glycinate)	2 mg	100%
Chromium (as Amino Nicotinate)	50 mcg	42%
Molybdenum (as Aspartate)	10 mcg	13%
Potassium (as Citrate)	20 mg	<1%
Boron (as Glycinate)	50 mcg	*
Vanadium (as Vanadyl Sulfate)	8 mcg	*
Lemon Bioflavonoid Complex	60 mg	*
Kelp Powder (Atlantic)	20 mg	*
Choline (as Bitartrate)	15 mg	*
Inositol	15 mg	*
Rutin	15 mg	*
Hesperidin	10 mg	*
PABA (para-Aminobenzoic Acid)	5 mg	*
Food Enzyme Complex		
Protease (1,188 HUT*), Amylase (93 DU*), Lipase (1 LU*), Cellulase (1 CU*)		
Bromelain	12,000 PU	*
Apple Pectin	20 mg	*
Superfood Energy Complex	155 mg	*
(equivalent to 605 mg of food and herbal powder) Organic Spirulina, Chlorella, Eleuthero [root] 4:1 Extract, Stinging Nettle [tops] 4:1 Extract, Ginkgo [leaf] 50:1 Extract		

* Daily Value (DV) not established

Other Ingredients: (natural mineral and or vegetable); source cellulose, stearic acid, modified cellulose, magnesium stearate, silica. Coating: dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate.

GUARANTEE: 100% natural - Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.