



LDA MULTI-VITAMIN

DIETARY SUPPLEMENT

90 CAPSULES



Supplement Facts

Serving Size 3 Capsules • Servings Per Container 30

Amount Per 3 Capsules	% Daily Value
Vitamin A (86% (4,500 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 14% (750 mcg RAE) as vitamin A acetate)	5,250 mcg RAE 583%
Vitamin C (as L-ascorbic acid)	300 mg 333%
Vitamin D ₃ (as cholecalciferol)	7.5 mcg 38%
Vitamin E (as RRR-alpha-tocopherol)	200 mg 1,333%
Thiamin (as thiamin HCl)	50 mg 4,167%
Riboflavin	20 mg 1,538%
Niacin (as niacinamide)	60 mg NE 375%
Vitamin B ₆ (80% as pyridoxine HCl and 20% as pyridoxal 5'-phosphate)	101 mg 5,941%
Folate (as Metafolin®† calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE 340% (800 mcg)
Vitamin B ₁₂ (as methylcobalamin)	750 mcg 31,250%
Biotin (D-biotin)	300 mcg 1,000%
Pantothenic Acid (as calcium D-pantothenate)	200 mg 4,000%
Choline (as choline bitartrate)	40 mg 7%
Calcium (as calcium D-pantothenate)	17 mg 1%
Natural Mixed Tocopherols (RRR-gamma, RRR-delta, RRR-beta)	50 mg *
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	100 mcg *
Inositol	30 mg *
Quercetin (as quercetin dihydrate)(derived from Japanese pagoda tree (<i>Sophora japonica</i>) flower extract)	30 mg *

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and cellulose.

Manufactured by:

SFI USA

Reno, NV 89521

Klaire.com

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. KEEP OUT OF REACH OF CHILDREN.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, and wheat. Contains no artificial colors, flavors or preservatives.

Suggested Use: 3 capsules daily or as directed by a healthcare professional.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany 

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.



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