

Get Healthy Multi is specially formulated with key nutrients to meet your nutritional needs and to promote vitality and well-being physical & mental energy, heart, bone & eye health, immune system support, healthy skin, hair & nails, nerve & muscle function support and stress relief!

SUGGESTED USE: 2 tablets taken daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

NOTICE: Most people should not experience "Niacin skin flush" when using this product. However a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.

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.

Distributed By: Rise-N-Shine, LLC
17 Woodport Road, Sparta, NJ 07871
973-729-4141 • www.rise-n-shine.com



Everyday Desires Met... Naturally

Rise-N-Shine

GET HEALTHY VITAMINS

Powerful Multi Vitamin Complex
with Over 80 Vitamins, Minerals,
Fruits, Vegetables, & More!



60 Capsules
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings Per Container: 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (67% beta-carotene / 33% palmitate)	10,000 IU 200%	Enzyme Complex (from plants) (Consisting of Cellulase, Bromelain, Papain, Amylase, Trypsin & Lipase)	50 mg *
Vitamin C (ascorbic acid)	333 mg 555%	Spirulina Algae	333 mg *
Vitamin D-3 (cholecalciferol)	267 IU 67%	Wheat Grass Powder (aerial plant)	133 mg *
Vitamin E (d-Alpha tocopheryl succinate)	67 IU 223%	Safflower (powder)	67 mg *
Vitamin B-1 (thiamine mononitrate)	33 mg 2200%	Lecithin	50 mg *
Vitamin B-2 (riboflavin)	33 mg 1941%	Choline Bitartrate	50 mg *
Niacin (niacin granular)	6.7 mg 34%	Inositol	50 mg *
Vitamin B-6 (pyridoxine HCl)	33 mg 1650%	Citrus Bioflavonoids 50% Complex	33 mg *
Folic Acid	267 mcg 67%	Gotu Kola Leaf Powder	33 mg *
Vitamin B-12 (cyanocobalamin)	67 mcg 1117%	<i>Echinacea purpurea</i> Root Powder	17 mg *
Biotin	67 mcg 22%	Green Tea (98% extract) (dried leaves)	17 mg *
Pantothenic Acid (d-calcium pantothenate)	13 mg 130%	PABA (para-Aminobenzoic Acid)	10 mg *
Calcium (phosphate / amino acid chelate)	117 mg 12%	Psyllium Husk Powder (hulls)	10 mg *
Phosphorus (dicalcium phosphate)	48 mg 5%	Oat 10:1 Extract (aerial parts)	10 mg *
Magnesium (amino acid chelate)	67 mg 17%	Apple Pectin (<i>Malus domestica</i>) (fruit)	10 mg *
Zinc (glycinate monohydrate)	10 mg 67%	Chlorophyll (sodium copper chlorophyllin)	10 mg *
Selenium (amino acid chelate)	33 mcg 47%	<i>Lactobacillus acidophilus</i>	13 Million CFU† *
Copper (oxide)	133 mcg 7%	Octacosanol	10 mcg *
Manganese (sulfate)	1333 mcg 67%	Trace Mineral Complex	2 mg *
Chromium (as polynicotinate)	33 mcg 28%	Kelp (thallus)	140 mcg *
Potassium (as citrate)	33 mg <1%	Boron (as amino acid chelate)	18 mcg *
42 Fruit & Vegetable Proprietary Blend	210 mg *		
Consisting of Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Milk Thistle, <i>Eleutherococcus senticosus</i> , Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya.			

Other Ingredients: Vegetable stearic acid, pharmaceutical glaze, vegetable magnesium stearate, croscarmellose sodium and microcrystalline cellulose.

ALLERGEN WARNING: CONTAINS SOY (LECITHIN), MILK (TRYPSIN), AND FISH.

†Activity level at time of manufacture. **Non-GMO**

