

Other Ingredients: Gelatin Capsule (Gelatin, Glycerin, Water), Magnesium Stearate, Silica, Rice Powder.

Suggested Adult Use: As a dietary supplement, take four (4) capsules once a day or two (2) capsules in the morning and two (2) capsules in the early evening.

Warnings: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not take if pregnant or lactating.
Consult with your doctor before taking.

*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.



Made in the USA.

Manufactured for distribution by:
Nutrition53, Inc., Benicia, CA 94510

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Item M01409

For more product information, visit www.Nutrition53.com
or call us at 1-888-4-Team53 (888-483-2653)



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GET HEALTHY • STAY HEALTHY

Lean1
MULTI

**DAILY
PERFORMANCE
MULTI-VITAMIN**
VEGETABLE CAPSULES

- Anti-Aging Nutrients*
- Immune System Protection*
- Bone and Muscle Strengtheners*

Dietary Supplement

120 CAPSULES

Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (2,000 IU Acetate/2,000 IU Beta Carotene)	4,000 IU	80%
Vitamin C (as Calcium Ascorbate)	250 mg	417%
Vitamin D (from Cholecalciferol)	200 IU	50%
Vitamin E (from 90% d-Alpha Tocopheryl Succinate / 10% Mixed Tocopherols)	100 IU	333%
Vitamin K (as phytylquinone)	100 mcg	125%
Thiamin (Vitamin B1; as Thiamin HCl)	50 mg	3,333%
Riboflavin (Vitamin B2)	10 mg	588%
Niacin (as Nicotinamide)	25 mg	125%
Vitamin B6 (from 80% Pyridoxine HCl / 20% Pyridoxal 5'-Phosphate)	50 mg	2,500%
Folic Acid	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	100 mcg	1,667%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Citrate)	150 mg	15%
Iron (from Iron Citrate)	2 mg	11%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate)	100 mg	25%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from Selenomethionine)	30 mcg	43%
Copper (from Copper Amino Acid Chelate 14%)	50 mcg	2%
Manganese (from Manganese Amino Acid Chelate)	2 mg	100%
Chromium (from Picolinate)	200 mcg	167%
Molybdenum (from Molybdenum Amino Acid Chelate)	50 mcg	67%
Potassium (as Potassium Citrate)	50 mg	3%

Proprietary Nutrient Blend

709 mg †

Choline Bitartrate, Citrus Bioflavonoids, Eleutherococcus senticosus Root Extract, Inositol, Mixed Tocopherols, Rutin, CoEnzyme Q10, Alpha Lipoic Acid, Boron Citrate/Aspartate.