

Suggested Use:

Adults take 2 capsules in the morning with at least 8 oz of water and 2 capsules mid-afternoon depending on your individual needs, or as directed by your Healthcare professional. For best results adults should drink at least 64 oz of water or more daily.

*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.

Warning: if you are under a physician's care or taking other medication, consult with your healthcare professional before using this product. Consult with your doctor if you are pregnant, lactating, nursing, or have an existing ulcer. Do not use if you have a blood coagulation disorder.

CAUTION: DO NOT USE IF TAMPER SEAL IS BROKEN. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.



Formulated by:
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MULTIVITAMIN

Dietary Supplement

180 Capsules

Supplement Facts

Serving Size: 2 Capsules
Serving Size per Container: 90

Amount Per 2 Capsules	%DV†
Vitamin A (natural mixed carotenoids)	1,500 mcg RAE 166
Vitamin D (cholecalciferol)	41.6 mcg (1666IU) 208
Vitamin E (d-alpha tocopherol)	33.3 mg 222
Vitamin K (K2, MK-4)	200 mcg 166
Vitamin K (K2, MK-7)	33.3 mcg 27
Thiamin (HCl)	8.3 mg 691
Riboflavin	33 mg 2,561
Niacin	5 mg NE 31
Niacinamide	33.3 mg NE 208
Vitamin B6 (pyridoxine HCl)	16.6 mg 976
Folate Acid (calcium folinate)	133.3 mcg DFE 33
Folate (as L-5-methyltetrahydrofolate, calcium salt)	666.6 mcg DFE 166
Vitamin B12 (adenosylcobalamin)	100 mcg 4,166
Vitamin B12 (methylcobalamin)	133 mcg 5,554
Biotin	200 mcg 666
Pantothenic Acid (from d-Calcium Pantothenate)	11.1 mg 222
Choline (choline bitartrate, from VitaCholine®)	36.6 mg 6
Calcium (calcium potassium phosphate citrate, from Calci-K®)	26 mg 2
Phosphorous (calcium potassium phosphate citrate, from Calci-K®)	13 mg 1
Iodine (Kelp)	33.3 mcg 22
Magnesium (magnesium bisglycinate chelate, from TRAACS®)	50 mg 11
Zinc (zinc bisglycinate chelate, from TRAACS®)	8.3 mg 75

Amount Per 2 Capsules	%DV†
Selenium (selenium glycinate, from Albion®)	66.6 mcg 121
Copper (copper bisglycinate chelate, from TRAACS®)	166.6 mcg 18
Manganese (manganese bisglycinate chelate, from TRAACS®)	0.66 mg 28
Chromium (chromium nicotinate glycinate chelate, from TRAACS®)	100 mcg 285
Molybdenum (molybdenum glycinate chelate, from TRAACS®)	16.6 mcg 36
Potassium (calcium potassium phosphate citrate, from Calci-K®)	23 mg <1
Withania somnifera Extract (from KSM-66® Ashwagandha)	100 mg *
Turmeric Extract (95% Curcuminoids)	50 mg *
Lecithin (sunflower)	20 mg *
Inositol	16.6 mg *
Silica (organic rice hull concentrate)	12 mg *
PABA (p-aminobenzoic acid)	8.3 mg *
Quercetin	8.3 mg *
Rutin	8.3 mg *
Lutein (from Lutemax® 2020 marigold flower extract)	3.33 mg *
Bioperine®	3.33 mg *
Boron (Bororganic Glycine)(from Albion®)	1 mg *
Zeaxanthin (from Lutemax® 2020 marigold flower extract)	0.66 mg *
Vanadium (chelate)	30 mcg *
† - % Daily Value * - Daily Value not established	
Other Ingredients: Cellulose (from capsule shell), and Organic Rice Extract. TRAACS® is a registered trademark of Albion Laboratories, Inc. KSM-66® is a registered trademark of Ixoreal Biomed Inc. Lutemax® 2020 is a registered trademark of Omnia Health Technologies, Ltd. VitaCholine® is a registered trademark of Balchem Corporation. Bioperine® is a patented product of Sabinsa Corporation.	