

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 2 times daily, with meals.

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.



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our hypoallergenic
supplements

Use only if safety seal is intact.

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to accommodate required labeling.
Please rely on stated quantity.



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Gluten-Free Certification
Organization, www.gluten.org



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Longevity Nutrients

With Metafolin® L-5-MTHF;
Multivitamin/mineral complex for healthy aging¹

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
240 CAPSULES

Supplement Facts

Serving size 2 capsules

Servings per container 120

	Amount Per Serving	%DV
Vitamin A (as vitamin A acetate and 50% beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg	223%
Vitamin K (as vitamin K ₁)	42.5 mcg	35%
Thiamin (as thiamin HCl) (B ₁)	5 mg	417%
Riboflavin (as vitamin B ₂ and 61% riboflavin 5' phosphate (activated B ₂))	6 mg	462%
Niacin (as niacin and 56% niacinamide)	22.5 mg	141%
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B ₆))	5.85 mg	344%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	500 mcg	20,833%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc citrate)	12 mg	109%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	200 mcg	571

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Molybdenum (as molybdenum glycinate chelate) (TRAACS®)	75 mcg	167%
Vitamin K ₂ (menaquinone-7)	80 mcg	*
Mixed tocopherols	20 mg	*
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid (thioctic acid)	37.5 mg	*
Coenzyme Q ₁₀	25 mg	*
MacularSynergy Extra[†]		
FloraGLO® lutein	5 mg	*
Zeaxanthin	1 mg	*
CognitivePro Complex[‡]		
Cognizin® citicoline	50 mg	*
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Cardio Polyphenol Complex[§]		
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg	*
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*

* Daily value (DV) not established

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Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

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†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.