

DIRECTIONS FOR USE

Age 12 years & over: 2 tablets per day. Either take both tablets first thing in the morning or split into 2 doses, in the morning and later in the day.

Xtend-Life™ Multi-Xtra is an advanced multi vitamin/mineral supplement with additional specialty nutrients to support bioavailability* and good health*.

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.**

Batch number:

Manufactured:

Use by date:



multi-xtra

dietary supplement

Advanced Formula
Specialty Nutrients

60 TABLETS



Supplement Facts

Serving size: 2 Tablets

Servings per container: 30

Amount Per Serving		%DV
Calories	5	
Total Carbohydrate	<1 g	<1%*
Vitamin A (from Natural Beta Carotene and Natural Mixed Carotenoids)	1720 mcg	192%
Vitamin C (as Calcium Ascorbate, Potassium Ascorbate, Ascorbyl Palmitate)	155 mg	172%
Vitamin D (as Cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (from D-Alpha Tocopheryl Succinate)	15 mg	100%
Vitamin K (as Menaquinone-4)	180 mcg	150%
Thiamin (as Thiamin HCl)	12 mg	1000%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%
Niacin (as Nicotinic Acid & Niacinamide)	26 mg	163%
Vitamin B6 (as Pyridoxal-5-Phosphate)	8 mg	471%
Folate (as Calcium L-5-methyltetrahydrofolate)	300 mcg	75%
Vitamin B12 (as Cobamide)	24 mcg	1000%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium Pantothenate)	41 mg	820%
Choline (as Choline Bitartrate and Phosphatidyl Choline)	40 mg	7%
Calcium (from Red Algae (<i>Lithothamnium</i> species), Calcium Ascorbate, Calcium Magnesium Inositol Hexaphosphate, Dicalcium Phosphate, Calcium Pantothenate, Calcium L-5-methyltetrahydrofolate)	60 mg	5%
Iodine (as Potassium Iodide)	150 mcg	100%

Amount Per Serving		%DV
Magnesium (as Magnesium Hydroxide (from Sea Water), Calcium Magnesium Inositol Hexaphosphate)	65 mg	16%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as Copper Gluconate)	0.1 mg	11%
Manganese (as Manganese Citrate)	2.2 mg	97%
Chromium (as Chromium Picolinate)	100 mcg	303%
Molybdenum (as Molybdenum Glycinate)	64 mcg	143%
MSM (Methylsulfonyl Methane)	100 mg	**
DeltaGold® Tocotrienol Complex (30% Tocotrienols, 20 mg)	67 mg	**
Inositol (as Inositol & Inositol Hexaphosphate)	60 mg	**
PABA (p-Aminobenzoic Acid)	50 mg	**
Mineral Sea Salts	30 mg	**
Betain HCl	24 mg	**
Phosphatidyl Choline (from Sunflower Seed Lecithin)	11 mg	**
Alfalfa Leaf & Stem Extract	10 mg	**
Amylase (from <i>Aspergillus oryzae</i>)	10 mg	**
Bromelain (from Pineapple Stem)	10 mg	**
Rutin (from Japanese Sophora Bud)	10 mg	**
Piperine (from Black Pepper)	5 mg	**
Bamboo Extract	4 mg	**
Lutein (from Aztec Marigold Flower)	1.25 mg	**
Boron (as Boron Citrate)	600 mcg	**
Lycopene (from Tomato)	180 mcg	**
Zeaxanthin (from Aztec Marigold Flower)	25 mcg	**

* Percent daily values (DV) are based on a 2000 calorie diet

** Daily value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Dextrose, Tripotassium citrate, Clear Glaze (Talc, Polyvinyl Alcohol, Polyethylene Glycol, Polysorbate 80), Silicon Dioxide, Sodium Carboxymethyl Cellulose, Maltodextrin, Rice Extract, Rice Hulls, Gum Arabic, Sunflower Oil.

Manufactured by
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