

RUNNER'S DAILY VITAMIN

Running can deplete nutrients and suppress your immune system. Our Runner's Daily Vitamin will help provide much needed nutrients to your diet to keep you performing at a high level and stay healthy. It's in liquid capsule form to ensure maximum absorption and effectiveness.

HELPS BOOST ENERGY SUPPORTS HEART HEALTH SUPPORTS IMMUNE SYSTEM GENTLE ON STOMACH

/// CAUTION ///

Do not exceed recommended dose. 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.

WARNING: 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.

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:
RUNFIT NUTRITION
PO Box 364,
Germantown WI, 53022
www.runfitnutrition.com

FORMULATED
IN THE USA

120 CAPSULES | DAILY ESSENTIALS

- MAXIMUM ABSORPTION & EASY DIGESTION
- SUPPORTS OPTIMAL HEALTH & ENERGY
- MADE WITH WHOLESOME, REAL FOODS



RUNFIT®
NUTRITION

RUNNER'S DAILY VITAMIN

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Liquid Filled Capsules

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	750 mcg	83%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D-3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-Alpha tocopheryl acetate)	10 mg	67%
Thiamin (as thiamine mononitrate)	25 mg	2083%
Riboflavin	25 mg	1923%
Niacin (as niacinamide)	25 mg	156%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1471%
Folate	335 mcg DFE	83%
	(200 mcg folic acid)	
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,42%
Biotin	500 mcg	1667%
Pantothenic Acid		
(as d-calcium pantothenate)	25 mg	500%
Choline (as choline bitartrate)	2 mg	<1%
Calcium (as calcium carbonate)	25 mg	2%
Iron (as ferrous fumarate)	9 mg	50%
Iodine (from kelp)	75 mcg	50%
Magnesium (as magnesium oxide)	12.5 mg	3%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (from selenium yeast)	12.5 mcg	23%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese sulfate)	1 mg	44%
Chromium (as chromium picolinate)	100 mcg	286%
Potassium (as potassium citrate)	16 mg	<1%
Citrus Bioflavonoids 50% Complex	5 mg	*
Coenzyme Q10 (natural ubiquinone)	50 mcg	*
Inositol	5 mg	*
Rutin	5 mg	*
Panax ginseng Root Powder	5 mg	*
Boron (as citrate/aspartate / glycinate complex)	500 mcg	*
42 Fruits and Vegetable Blend	5 mg	*
Consisting of: Blueberry, Cranberry, Grapeseed, 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, Eleutherococcus senticosus, Ashitaba, Bing Cherry, Elderberry, Goji Berry (Lycium barbarum), Grapefruit, Mangosteen, Spinach, Tart Cherry and Papaya.		
* Daily Value not established		

OTHER INGREDIENTS: Rice bran oil, gelatin (bovine), and chlorophyll. ALLERGEN WARNING: CONTAINS SHELLFISH (KELP).

SUGGESTED USE:

2 Liquid filled capsules taken 1 to 2 times daily with meals or as directed by a healthcare professional.