



ONCE DAILY
HIGH ENERGY
MULTIVITAMIN

+ Immune System[†]
+ Energy[†]

180 VEGCAPS
DIETARY SUPPLEMENT



Since 1973, we've scoured the globe for the highest quality ingredients, connecting you with the most efficacious supplements that help you live brighter & embrace the moments that matter most.

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts
Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene, Retinyl Palmitate)	6,200 mcg RAE	689%
Vitamin C (as Ascorbic Acid, from rose hips, acerola cherry)	150 mg	167%
Vitamin D (as Cholecalciferol) (D-3)	26 mcg	130%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamine (as Thiamine Mononitrate) (B-1)	10 mg	833%
Riboflavin (B-2)	10 mg	769%
Niacin (as Niacinamide) (B-3)	50 mg	313%
Vitamin B-6 (as Pyridoxine HCl)	10 mg	588%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1,042%
Biotin	10 mcg	33%
Pantothenic Acid (from Calcium d-Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	8 mg	1%
Calcium (from Calcium Asporotate [™] **, Calcium Carbonate)	10 mg	<1%
Iron (as Ferrous Fumarate)	1.8 mg	10%
Iodine (from Kelp)	22.5 mcg	15%
Magnesium (from Magnesium Asporotate [™] **, Magnesium Oxide)	5 mg	1%
Zinc (from Zinc Asporotate [™] **)	1.5 mg	14%
Selenium (as Selenomethionine)	1 mcg	2%

	Amount Per Serving	% Daily Value
Copper (from Copper Asporotate [™] **)	50 mcg	6%
Manganese (from Manganese Asporotate [™] **)	0.5 mg	22%
Chromium (from Chromium Chloride)	2 mcg	6%
Potassium (from Potassium Asporotate [™] **)	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	*
Inositol	20 mg	*
Whole Food and Herb Base	135 mg	*
Rice Flour, Whole Rice Concentrate (including bran, polishings and germ), Alfalfa (leaf), Watercress (leaf), Chamomile (flowering tops), Carrot Juice, Horsetail (aerial), Yellow Dock (root), Parsley (leaf), Dandelion (root).		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule, Sodium Alginate, Food Starch, Magnesium Stearate and Silica.

** Asporotate[™] denotes Aspartate, Citrate, Orotate.

[†]These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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