Other Ingredients: Cellulose, vegetable stearin, food glaze, magnesium vegetable stearate, silica, dicalcium phosphate.

Contains No sugar, salt, dairy, yeast, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, take three (3) tablets daily preferably with meals. Store in a cool dry place.

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 REACH OF CHILDREN.

** From ChromeMate® *** From L-OptiZinc®

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Formulated For:

VITAMIN DISCOUNT CENTER, LLC

5519 Southern Comfort Blvd. • Tampa, Florida 33634

1-877-832-8722 • **VitaminDiscountCenter.com**

VITAMIN DISCOUNT CENTER®

Life Essentials

Multi-Vitamin and Mineral with Food Concentrates

Dietary Supplement

60 Vegetarian Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets

Servings Per Container 20

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	7200 mcg (12,000 IU)	800%
Vitamin C (as ascorbic acid)	1,000 mg	1,111%
Vitamin D3	10 mcg (400 IU)	50%
Vitamin E (as d-alpha)	200 mg	1,333%
Vitamin B-1 as (thiamine HCl)	25 mg	2,083%
Vitamin B-2 (as riboflavin)	25 mg	1,923%
Niacin (as niacin, niacinamide)	25 mg	156%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,417%
Biotin	50 mcg	167%
Pantothenic Acid	25 mg	500%
Choline (from choline bitartrate)	50 mg	9%
Calcium (from chelate)	200 mg	15%
Iron (from iron chelate)	5 mg	28%
Iodine (from kelp)	150 mcg	100%
Magnesium (from chelate)	100 mg	24%
Zinc (from methionine)***	10 mg	91%
Selenium (as methionine)	25 mcg	45%
Copper (from citrate)	0.5 mg	56%
Manganese (from chelate)	4 mg	174%
Chromium (from polynicotinate)**	50 mcg	143%
Molybdenum (from chelate)	50 mcg	111%
Potassium (from chelate)	50 mg	1%
Whole Food PhytoAlgae & Greens Blend		
Spirulina	1,020 mg	*
Klamath Lake Algae	10 mg	*
Wheat Grass Juice	100 mg	*
Sprouted Barley Powder	50 mg	*
Chlorella (broken cell wall)	50 mg	*
Inositol	25 mg	*
PABA†	25 mg	*
Citrus Bioflavonoids	100 mg	*
Quercetin Dihydrate	25 mg	*
Rutin	25 mg	*
Hesperidin	10 mg	*
Boron (from chelate)	1 mg	*
Silicon (from silicon dioxide)	5 mg	*
L-Glutathione (reduced)	5 mg	*
Bee Pollen	100 mg	*
Eleutherococcus Root	50 mg	*
Garlic	10 mg	*
Bromelain (2400 GDU/g)	20 mg	*
Betaine HCl	20 mg	*
Papain	20 mg	*
Amylase	5 mg	*
Lipase	5 mg	*
Cellulase	2.5 mg	*
L. acidophilus	2 mg	*
Oat Bran	25 mg	*
Apple Pectin	25 mg	*
Dandelion root	12 mg	*
Barberry	12 mg	*
Gentian root	12 mg	*
Ginger root	12 mg	*
Cayenne	12 mg	*
Components found in Whole Food PhytoAlgae & Greens Blend		
Chlorophyll	16 mg	*
Carotenoids	17 mg	*

*Daily Value (DV) not established.

†para-aminobenzoic acid