

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®
L-OptiZinc®, ChromeMate® & logos are trademarks of Lonza or its affiliates.

Formulated For:

VITAMIN DISCOUNT CENTER, LLC

5519 Southern Comfort Blvd. • Tampa, Florida 33634

1-877-832-8722 • VitaminDiscountCenter.com



Life Essentials

Multi-Vitamin and Mineral
with Food Concentrates

Dietary Supplement
90 Vegetarian Tablets

SUPPLEMENT FACTS			
Serving Size 3 Tablets Servings Per Container 30			
	Amount Per Serving	%DV	
Vitamin A (as beta carotene)	7200 mcg (12,000 IU)	800%	Isocal
Vitamin C (as ascorbic acid)	1,000 mg	1,111%	PABA
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%	Citrus Bioflavonoids
Vitamin E (as d-alpha)	200 mg	1,333%	Quercetin Dihydrate
Vitamin B-1 (as thiamine HCl)	25 mg	2,083%	Rutin
Vitamin B-2 (as riboflavin)	25 mg	1,923%	Hesperidin
Niacin (as niacin, niacinamide)	25 mg	156%	Boron (from chelate)
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%	Silicon (from silicon dioxide)
Folate (400 mcg DFE)	667 mcg DFE	167%	L-Glutathione (reduced)
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,417%	Bee Pollen
Biotin	50 mcg	167%	Eleutherococcus Root
Pantothenic Acid	25 mg	500%	Garlic
Choline (from choline bitartrate)	50 mg	9%	Biotin (2400 GDU/g)
Calcium (from chelate)	200 mg	15%	Betaine HCl
Iron (from iron chelate)	5 mg	28%	Papain
Iodine (from kelp)	150 mcg	100%	Amylase
Magnesium (from chelate)	100 mg	24%	Lipase
Zinc (from methionine)**	10 mg	91%	Cellulase
Copper (from citrate)	25 mcg	45%	L-ascorbyl-2-phosphate
Manganese (from chelate)	4 mg	174%	Our Bran
Chromium (from polynicotinate)**	50 mcg	143%	Apple Pectin
Vanadium (from chelate)	50 mcg	111%	Dandelion root
Phosphorus (from chelate)	50 mg	1%	Barberry
Whole Food PhytoAlgae & Greens Blend			
Spirulina	1,020 mg	*	Gentian root
Klamath Lake Algae	10 mg	*	Ginger root
Wheat Grass Juice	100 mg	*	Cayenne
Scorched Barley Powder	50 mg	*	Components found in Whole Food PhytoAlgae & Greens Blend
Chlorophyll	16 mg	*	Chlorophyll
Carotenoids	17 mg	*	Carotenoids
Chlorine (from cell wall)	50 mg	*	

*Daily Value (DV) not established.