

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.

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Formulated For:

VITAMIN DISCOUNT CENTER, LLC

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1-877-832-8722 • VitaminDiscountCenter.com



Life Essentials

Multi-Vitamin and Mineral
with Food Concentrates

Dietary Supplement
180 Vegetarian Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets
Servings Per Container 30

Savings in Cholesterol		Amount Per Serving	%DV	Amount Per Serving		%DV
Vitamin A (as beta carotene)	7200 mcg (12,000 IU)	800%		Iron(II) sulfate	25 mg	*
Vitamin C (as ascorbic acid)	1,000 mg	1,111%		PABA	25 mg	*
Vitamin D3 (as cholecalciferol)	1,000 IU	50%		Citrus Bioflavonoids	100 mg	*
Vitamin E (as d-alpha tocopherol)	200 mg	1,333%		Quercetin Dihydrate	25 mg	*
Vitamin B-1 (as thiamine HCl)	25 mg	2,083%		Rutin	25 mg	*
Vitamin B-2 (as riboflavin)	25 mg	1,923%		Hesperidin	10 mg	*
Niacin (as niacin, nicotinamide)	25 mg	166%		Iron(II) (from chelate)	1 mg	*
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%		Silicon (from silicon dioxide)	5 mg	*
Folate (400 mcg DFE)	667 mcg DFE	167%		L-Glutathione (reduced)	5 mg	*
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,417%		Bee Pollen	100 mg	*
Biotin	50 mcg	167%		Eleutheroococcus Root	50 mg	*
Pantothenic Acid	25 mg	500%		Garlic	10 mg	*
Choline (from choline bitartrate)	50 mg	9%		Bromelain (2400 GDU/g)	20 mg	*
Calcium (from chelate)	200 mg	15%		Biotin HCl	20 mg	*
Iron (from iron chelate)	5 mg	28%		Arnica	5 mg	*
Iodine (from kelp)	150 mcg	100%		Lipase	5 mg	*
Magnesium (from chelate)	100 mg	24%		Celastrol	2.5 mg	*
Zinc (from methionine)**	10 mg	91%		L-Ascorbyl-2-phosphate	2 mg	*
Selenium (as methionine)	25 mcg	45%		Oil Blend	25 mg	*
Copper (from citrate)	0.5 mg	56%		Apple Pectin	25 mg	*
Manganese (from chelate)	4 mg	174%		Dandelion root	12 mg	*
Chromium (from polynicotinate)**	50 mcg	143%		Barberry	12 mg	*
Molibdenum (from chelate)	50 mcg	111%		Gentian root	12 mg	*
Potassium (from chelate)	50 mg	1%		Ginger root	12 mg	*
				Cayenne	12 mg	*
Whole Food PhytoAlgae & Greens Blend				Components found in Whole Food PhytoAlgae & Greens Blend		
Spirulina	1,000 mg	*		Chlorophyll	16 mg	*
Klamath Lake Algae	10 mg	*		Carotenoids	17 mg	*
Wheat Grass Juice	100 mg	*				
Sprouted Barley Powder	50 mg	*				
Chlorella (broken cell wall)	50 mg	*				

*Daily Value (DV) not established.

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**From aminebenzoic acid