

**Suggested Use:** As a dietary supplement, take one capsule with meal, two to three times a day.

**KEEP OUT OF REACH OF CHILDREN.**

**Store in a cool dry place below 30°C (86°F) and avoid exposure to sunlight.**

**Warning:** If you are pregnant, lactating, or have serious medical condition, you should not use this product before consulting a physician.

Manufactured at a cGMP & ISO9001:2015 certified facility exclusively for:

**Guardian Health, Inc.**  
17059 Green Drive,  
City of Industry, CA 91745 USA



**GH2012**



WITH GLOBALLY  
SOURCED INGREDIENTS



# Ingenium

Dietary Supplement  
120 Capsules

## Supplement Facts

Serving Size: 1 Capsule  
Serving per Container: 120

|                                                                      | Amount per Serving                | %DV <sup>^</sup> |
|----------------------------------------------------------------------|-----------------------------------|------------------|
| Vitamin A (as Beta Carotene and Retinyl Palmitate)                   | 450 mcg RAE                       | 50%              |
| Vitamin C (Ascorbic Acid)                                            | 50 mg                             | 56%              |
| Iron (as Ferrous Fumarate)                                           | 5 mg                              | 28%              |
| Vitamin D3 (as Cholecalciferol)                                      | 3.325 mcg                         | 17%              |
| Vitamin E (as DL-Alpha Tocopheryl Acetate)                           | 6.7 mg                            | 45%              |
| Thiamine (as Thiamine Hydrochloride)                                 | 1 mg                              | 83%              |
| Riboflavin                                                           | 1 mg                              | 77%              |
| Niacin                                                               | 7 mg NE                           | 44%              |
| Vitamin B6 (as Pyridoxine Hydrochloride)                             | 1 mg                              | 59%              |
| Folate                                                               | 333.3 DFE<br>(200 mcg folic acid) | 83%              |
| Vitamin B12 (as Cyanocobalamin)                                      | 2 mcg                             | 83%              |
| Biotin                                                               | 15 mcg                            | 50%              |
| Pantothenic Acid (as Calcium D-Pantothenate)                         | 3 mg                              | 60%              |
| Iodine (as Potassium Iodide)                                         | 50 mcg                            | 33%              |
| Magnesium (as Magnesium Oxide)                                       | 80 mg                             | 19%              |
| Zinc (as Zinc Oxide)                                                 | 4 mg                              | 36%              |
| Copper (as Cupric Oxide)                                             | 0.3 mg                            | 33%              |
| Manganese (as Manganese Sulfate Monohydrate)                         | 1 mg                              | 43%              |
| Chromium (as Chromium Polynicotinate)                                | 10 mcg                            | 29%              |
| Molybdenum (as Molybdenum Citrate)                                   | 23 mcg                            | 51%              |
| Chlorella 4:1 Extract ( <i>Chlorella pyrenoidosa</i> )               | 150 mg                            | *                |
| Organic Wheat Grass 10:1 Extract ( <i>Triticum aestivum</i> ) (Leaf) | 150 mg                            | *                |
| Bilberry Fruit 4:1 Extract ( <i>Vaccinium myrtillus</i> )            | 50 mg                             | *                |
| Lycopene                                                             | 2.5 mg                            | *                |
| Lutein (from Marigold Flower) ( <i>Tagetes erecta</i> ) (Flower)     | 1.5 mg                            | *                |

<sup>^</sup> Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value is not established.

**Other Ingredients:** Gelatin, Brown Rice Flour, Maltodextrin, Magnesium Stearate, Silicon Dioxide, Dicalcium Phosphate, and Water.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of children. In case of accidental overdose, call a doctor or poison control immediately.