

WHAT FUELS **YOUR** BATTLE

SUGGESTED USE: Take 2 capsules in the AM and 2 capsules in the PM preferably with 8-12 ounces of water.

Manufactured in a Certified Drug Free Facility.

100% FREE of Banned Substances

Keep out of reach of children. Protect from heat, light & moisture. Store at 15-30°C or 59-86°F.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for:
Power Blendz
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Cincinnati, OH 45236
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VITA-PLEX

DAILY VITAMIN

30 Important Vitamins & Nutrients
High Levels of B-Complex*



DIETARY SUPPLEMENT
90 CAPSULES

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 22.5

	Amount per Serving	% DV*		Amount per Serving	% DV*
Vitamin A (as beta carotene)	20,000 IU	400%	Betaine Hydrochloride	50 mg	†
Vitamin C (as ascorbic acid)	500 mg	833%	Choline Bitartrate	200 mg	†
Vitamin D (as cholecalciferol)	1000 IU	250%	Citrus bioflavonoids	50 mg	†
Vitamin D (as cholecalciferol)	300 IU	1,000%	Glutamic Acid	50 mg	†
Vitamin B1 (as thiamine HCl)	200 mg	13,333%	Hesperidin Complex	10 mg	†
Vitamin B2 (as riboflavin)	200 mg	11,765%	Inositol	200 mg	†
Vitamin B3 (as niacinamide)	200 mg	1,000%	PABA (para-aminobenzoic acid)	100 mg	†
Vitamin B6 (as pyridoxine HCl)	200 mg	10,000%	Rutin	50 mg	†
Folate (as folic acid)	800 mcg	200%	RNA	9.5 mg	†
Vitamin B12 (as cyanocobalamin)	200 mcg	3,333%	* Percent daily values are based on a 2000 calories diet. Your daily values may be higher or lower depending on your calorie needs. † Daily Value not established.		
Biotin	200 mcg	67%			
Vitamin B5 (as Pantothenic acid)	200 mg	2,000%	Other ingredients: Capsule (gelatin), Maltodextrin, and Magnesium Stearate.		
Calcium (as calcium chelate)	20 mg	2%			
Iron (as iron chelate)	2 mg	11%			
Iodine (from kelp)	300 mcg	200%			
Magnesium (as magnesium chelate)	3.3 mg	1%			
Zinc (as zinc chelate)	6 mg	40%			
Selenium (as selenium chelate)	0.04 mcg	<1%			
Manganese (as manganese chelate)	2.4 mg	120%			
Chromium (as chromium picolinate)	0.96 mcg	1%			
Potassium (as potassium chelate)	4 mg	<1%			