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R4YT®

EXAKTA™

Multi-Vitamin Supplement



Right 4 All Blood Types

Dr. Peter D'Adamo

120 VEGGIECAPS

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Vitamin A (100% as Beta Carotene)	312.5 IU 6	Manganese (from Manganese Citrate)	0.5 mg 25
(from Dunaliella salina)		Chromium (from Chromium Polynicotinate)	12.5 mcg 10
Vitamin C (from Acerola Berry)	37.5 mg 62	Molybdenum (from Sodium Molybdate)	7.5 mcg 10
Vitamin D (Cholecalciferol)	37.5 IU 9	Chloride (from Sodium Chloride)	5 mg < 1
Thiamin (from Thiamin HCl)	3.75 mg 250	Sodium (from Sodium Chloride)	3 mg < 1
Riboflavin	5 mg 294	Potassium (from Potassium Aspartate)	49.5 mg < 2
Niacin (as Niacin and Niacinamide)	2.5 mg 12	Proprietary Blend	161 mg *
Vitamin B6 (from Pyridoxine HCl)	5 mg 250	Contains: Arabinogalactan (from Larix occidentalis Resin),	
Folic Acid	400 mcg 100	Berry Concentrate Blend [Contains 4:1 Fruit Extracts of	
Vitamin B12 (from Methylcobalamin)	7.5 mcg 125	Elderberry (Sambucus canadensis), Black Cherry (Prunus	
Biotin	200 mcg 66	serotina), and Blueberry (Vaccinium spp.), Citrus	
Pantothenic Acid (from D-Calcium Pantothenate)	5 mg 50	Bioflavonoids, Cranberry Fruit (from Vaccinium marocarpum),	
Calcium (Seaweed Extract, Derived from Lithothamnium corallioides and Lithothamnium calcareum)	150 mg 15	Green Tea Standardized Extract (from Camilla	
Iron (from Ferrous Succinate)	9 mg 50	sinensis Leaf, standardized to 50% Polyphenol Content),	
Iodine (from Potassium Iodide)	37.5 mcg 25	Omega 3 Blend [from Fish Oil, contains EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid)], and PABA (Para-Aminobenzoic Acid).	
Magnesium (from Magnesium Citrate and Magnesium Oxide)	50 mg 12		
Zinc (from Zinc Picolinate)	7.5 mg 50		
Selenium (from L-Selenomethionine)	5 mcg 7		
Copper (from Copper Gluconate)	0.5 mg 25		

Other Ingredients: Vegetable Cellulose, Magnesium Trisilicate, Magnesium Stearate, Vegetable Stearate, and Silica.

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.

Manufactured in the USA for:
North American Pharmacal, Inc
 213 Danbury Road, Wilton, CT 06897
 Visit our website at www.4yourtype.com
 or call 1-877-226-8973

Exakta™

Designed by Dr. Peter D'Adamo as a multi-vitamin supplement for children and adults, and for use during pregnancy. This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: 2 (two) capsules twice daily, as a dietary supplement, or as directed by physician.