

Each tablet provides:		% U.S. RDA
Vitamin A (Beta Carotene)	10,000 I.U.	500
Vitamin D (Fish Liver Oil)	1,000 I.U.	250
Vitamin E (d-Alpha Tocopherol Acid Succinate)	100 I.U.	333
Vitamin C (Ascorbic Acid)	250 mg.	417
Vitamin B1 (Thiamine Mononitrate)	80 mg.	5,333
Vitamin B2 (Riboflavin)	80 mg.	4,706
Vitamin B6 (Pyridoxine HCl)	80 mg.	4,000
Vitamin B12 (Cyanocobalamin)	100 mcg.	1,667
Niacinamide	75 mg.	375
Pantothenic Acid (Calcium d-Pantothenate)	75 mg.	750
Folic Acid	400 mcg.	100
Biotin	25 mcg.	8
Inositol	75 mg.	
Choline Bitartrate	50 mg.	
para-Aminobenzoic Acid (PABA)	75 mg.	
Citrus Bioflavonoids	25 mg.	
Hesperidin Complex	5 mg.	
Rutin	25 mg.	
Iodine (Potassium Iodide)	150 mcg.	100
Betaine HCl	25 mg.	
Calcium (Dicalcium Phosphate, Amino Acid Chelate and Calcium Carbonate)	100 mg.	10
Magnesium (Amino Acid Chelate and Oxide)	40 mg.	10
Zinc (Gluconate and Amino Acid Chelate)	15 mg.	100
Potassium (Gluconate, Amino Acid Complex and Potassium Biphosphate)	10 mg.	*
Manganese (Gluconate, Amino Acid Chelate)	6 mg.	*
Iron (Ferrous Gluconate, Amino Acid Chelate)	18 mg.	100
Phosphorus (Dicalcium Phosphate, Amino Acid Chelate)	50 mg.	5
Selenium (Sodium Selenite, Amino Acid chelate)	25 mcg.	*
Chromium (Aspartate, and Amino Acid Chelate)	25 mcg.	*



Life
TIME®

Timed release

Nutra·I

Hi-potency vitamin and
amino acid chelated
mineral formula

180 TABLETS

Natural Base: Golden Seal Root, Sarsaparilla, Chamomile, Papaya Fruit, Watercress, Parsley, Kelp, Alfalfa, Green Cabbage, Rice Bran, Rose Hips, Acerola Cherry and Defatted Wheat Germ.

% U.S. RDA: Percentage of U.S. Recommended Daily Allowance.

*An Essential Nutrient; U.S. RDA has not been established.

SUGGESTED USE: As a food supplement, one tablet daily.

Contains no sugar, corn, soy, milk, egg, starch, artificial coloring, artificial flavoring or preservatives.

LifeTime® products are manufactured to meet strict quality control standards and formulated using only quality industry acceptable materials. An environmentally concerned company.

Formulated and Distributed by:
Nutritional Specialties, Inc.
Anaheim, CA 92805

