

CAUTION: Consult with a physician prior to use if you have a medical condition. Don't use if pregnant or lactating.

► DAILY ◀
MULTIVITAMINS

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

* 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.

Lot # and expiration date printed on bottom of bottle. VORT

ARAZO NUTRITION

VITAL ONE

WOMEN

DAILY MULTIVITAMIN

ESSENTIAL BLEND

Herbs • Fruits • Berries • Seeds

DIETARY SUPPLEMENT
90 CAPSULES

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 40

Amount per Serving			%DV	Amount per Serving			%DV
Vitamin A (as beta-Carotene)	600mcg RAE		67%	Manganese	2mg		91%
Vitamin C (as Ascorbic Acid)	150mg		167%	(as Manganese Ascorbate) (Vitamin)			
Calcium (as Calcium Lactate)	100mg		4%	Chromium (as Chromium Picolinate)	150mcg		30%
Vitamin E (as d-Alpha-Tocopherol)	100mg		100%	Molybdenum	2mg		10%
Vitamin B1	10.5mg		90%	Female Vitality Blend	10mg		-
(as D-Alpha-Tocopheryl Acetate)				Wild Yam Extract (Sapogenin glycosides) (root)			
Vitamin B2	7mg		103%	Red Clover Extract (Isoflavone phytonutrients) (herb)			
(as Thiamine Mononitrate)				Lactin			
Vitamin D3 (as Cholecalciferol)	7.5mcg		150%	Ginseng Extract (Ginsenosides) (root)			
Vitamin B3 (as Nicotinamide)	150mg NE		94%	Alpha-Lipoic Acid			
Vitamin B6 (as Pyridoxine HCl)	7.5mg		167%	Lysine (L-lysine monohydrochloride) (herb)			
Vitamin B12	600mcg DFE		167%	Immune Health Blend	10mg		-
(400 mcg/1,000 Units Activity)				Goldenseal Root (Hydrastis canadensis)			
Vitamin E (as Trolox) (alpha-tocopherol)	25mcg		11.7%	Eleuthero Extract (Eleutherococcus senticosus) (root)			
Biotin	100mcg		100%	Spinach (Antioxidant phytonutrients) (leafy plant)			
Vitamin B5	10mg		100%	Garlic (Allium sativum) (bulb)			
(as Calcium Pantothenate)				Antioxidant Fruit & Energy Blend	10mg		-
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Green Tea Extract (Catechins) (herb)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Ginseng Extract (Ginsenosides) (root)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Chromium Picolinate (Chromium Picolinate) (herb)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Bilberry Fruit Extract (Anthocyanins) (herb)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Grape Seed Extract (Oleuropein) (herb)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Black Currant Fruit Extract (Anthocyanins) (herb)			
Aspartic Acid (Aspartic Acid) (Aspartic Acid)	50mg		10%	Pomegranate Seed Extract (Punicic acid) (herb)			

^{***} *Grady Walker* (D-VI) *Rep. Congressional District*

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

1. **NAME**
 2. **DATE**
 3. **TIME**
 4. **SCORE**
 5. **TEACHER**