SUGGESTED USE: 1 tablet daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

NOTICE: Most people should not experience "Niacin skin flush" when using this product. However, a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

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 & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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FORMULATED IN THE USA

Vitamins Designed To Meet Naturally

Rise-N-Shine™

WOMEN'S MULTIVITAMINS & MINERALS

OVER 80 VITAMINS, MINERALS, FRUITS, VEGETABLES & MORE

GOOD MANUFACTURING PRACTICE CERTIFICATION

GMP QUALITY

30 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as 67% beta-carotene / 33% palmitate)	1500 mcg 166.6%	Enzyme Complex (from plants) (Consisting of Bromelain, Papain, Amylase, and Lipase)	25 mg *
Vitamin C (as ascorbic acid)	166.6 mg 185%	Spirulina Algae	166.6 mg *
Vitamin D-3 (as cholecalciferol)	3.3 mcg 16.8%	Wheat Grass Powder (aerial plant)	66.6 mg *
Vitamin E (as d-alpha tocopheryl succinate)	22.3 mg 148%	Safflower Powder (flower)	33.3mg *
Thiamin (as thiamine mononitrate)	16.6 mg 1389%	Lecithin	25 mg *
Riboflavin	16.6 mg 1282%	Inositol	25 mg *
Niacin (as niacin granulat)	3.3 mg 21%	Citrus Bioflavonoids 50% Complex	16.6 mg *
Vitamin B-6 (as pyridoxine HCl)	16.6 mg 980%	Gotu Kola Powder (aerial parts)	16.6 mg *
Folate (400 mcg folic acid)	223.3 mcg DFE 55.8%	Echinacea purpurea Root Powder	5.1 mg *
Vitamin B-12 (as cyanocobalamin)	33.3 mcg 1389%	Green Tea 98% Extract (dried leaves)	8.3 mg *
Biotin	33.3 mcg 111%	PABA (para-Aminobenzoic acid)	5 mg *
Pantothenic Acid (as d-calcium pantothenate)	5.6 mg 133.3%	Psyllium Husk Powder (hulls)	5 mg *
Choline (as choline bitartrate)	10 mg 1.6%	Oat 10:1 Extract (aerial parts)	5 mg *
Calcium (as phosphate / citrate)	56.3mg 4.3%	Apple Pectin (Malus domestica fruit)	5 mg *
Phosphorous (as dicalcium phosphate)	24 mg 2%	Chlorophyll (as sodium copper chlorophyllin)	5 mg *
Magnesium (as amino acid chelate)	33.3 mg 8%	Lactobacillus acidophilus	6.6 Million CFU *
Zinc (as amino acid chelate)	5 mg 45.3%	Orthosiphon	5 mg *
Selenium (as amino acid chelate)	16.6 mcg 30.3%	Post Extract (provided all 72 naturally-occurring trace minerals)	1mg *
Copper (as cupric oxide)	0.06 mg 7.3%	Kelp (fruitlet)	79 mcg *
Manganese (as manganese sulfate)	0.6 mg 39%	Boron (as amino acid chelate)	9 mcg *
Chromium (as polynicotinate)	16.6 mcg 47.8%		
Potassium (as citrate)	16.5 mg 0.3%		

42 Fruit & Vegetable Proprietary Blend 105mg *

Consisting of: Blueberry Fruit, Cranberry Fruit, Grape Seed, Strawberry Fruit, Raspberry Fruit, Pomegranate Fruit, Bilberry Fruit, Alfalfa Leaf, Carrot Root, Beet Root, Broccoli (floret & stalk), Acai Fruit (Euterpe oleracea), Chokeberry Fruit, Apple fruit, Apple Pectin Fruit, Maqui Berry (Aristotelia chilensis), Grape Skin, Black Cherry Fruit, Tomato Fruit, Barley (aerial part), Celery Seed, Chlorella, Black Currant Fruit, Artichoke Leaf, Mango Fruit, Pineapple Fruit, Spirulina, Dandelion Root, Wheat Grass Leaf, Green Tea Leaf, Milk Thistle Seed, Eleutherococcus senticosus Root, Ashitaba Leaf, Bing Cherry Fruit, Elderberry Fruit, Goji Berry (Lycium barbarum), Grapefruit Fruit, Mangosteen Fruit, Spinach Leaf, Tart Cherry Skin, Papaya Fruit and Asian Pear (Pyrus pyrifolia)

* Daily Value not established.

Other Ingredients: Vegetable stearic acid, aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin, chlorophyll, and calcium carbonate), microcrystalline cellulose, vegetable magnesium stearate, and croscarmellose sodium.

‡ Activity level at time of manufacture.

NON-GMO Formula!

*Contains Natural and Synthetic / Artificial Ingredients.

Distributed by: Rise-N-Shine, LLC
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