

DIRECTIONS FOR USE
Age 12 years & over: 2 capsules per day. Either take both capsules first thing in the morning or split into 2 doses, in the morning and later in the day.

Xtend-Life™ Multi-Xtra is an advanced multi vitamin/mineral supplement with additional specialty nutrients to support bioavailability* and good health*. **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.**

Batch number:
Manufactured:
Use by date:



multi-xtra

Advanced Formula
Specialty Nutrients

DIETARY SUPPLEMENT
60 VEGE CAPSULES



Supplement Facts

Serving size: 2 Capsules
Servings per container: 30

Amount Per Serving		%DV*
Calories		5
Total Carbohydrate	1 g	<1%
Vitamin A (from Natural Beta Carotene)		1720 mcg 192%
Vitamin C (as Calcium Ascorbate, Potassium Ascorbate, Ascorbyl Palmitate)	155 mg	172%
Vitamin D3 (as Cholecalciferol from Lichen)	25 mcg(1000 IU)	125%
Vitamin E (from D-Alpha Tocopheryl Succinate)	15 mg	100%
Vitamin K (as Menaquinone-4)	180 mcg	150%
Thiamin (as Thiamin HCl)	12 mg	1000%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%
Niacin (as Nicotinic Acid & Niacinamide)	26 mg	163%
Vitamin B6 (as Pyridoxal-5-Phosphate)	8 mg	471%
Folate (as Calcium 5MTHF)	500 DFE	125%
	300 mcg Folic Acid	
Vitamin B12 (as Cobamamide)	24 mcg	1000%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium Pantothenate)	41 mg	820%
Choline (as Choline Bitartrate and Phosphatidyl Choline)	40 mg	7%
Calcium (from Red Algae (Lithothamnium species), Calcium Ascorbate, Calcium Magnesium Inositol Hexaphosphate, Dicalcium Phosphate, Calcium Pantothenate, Calcium L-5-methyltetrahydrofolate)	60 mg	5%
Iodine (as Potassium Iodide)	150 mcg	100%

Amount Per Serving		%DV*
Magnesium (as Magnesium Hydroxide (from Sea Water), Calcium Magnesium Inositol Hexaphosphate)	65 mg	16%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as Copper Gluconate)	0.1 mg	11%
Manganese (as Manganese Citrate)	2.2 mg	97%
Chromium (as Chromium Picolinate)	100 mcg	291%
Molybdenum (as Molybdenum Glycinate)	64 mcg	143%
MSM (Methylsulfonyl Methane)	100 mg	**
DeltaGold® Tocotrienol Complex (30% Tocotrienols, 20 mg)	67 mg	**
Inositol (as Inositol & Inositol Hexaphosphate)	60 mg	**
PABA (p-Aminobenzoic Acid)	50 mg	**
Mineral Sea Salts	30 mg	**
Betain HCl	24 mg	**
Phosphatidyl Choline (from Sunflower Seed Lecithin)	11 mg	**
Alfalfa Leaf & Stem Extract	10 mg	**
Amylase (from Aspergillus oryzae)	10 mg	**
Bromelain (from Pineapple Stem)	10 mg	**
Rutin (from Japanese Sophora Bud)	10 mg	**
Piperine (from Black Pepper)	5 mg	**
Bamboo Extract	4 mg	**
Lutein (from Aztec Marigold Flower)	1.25 mg	**
Boron (as Boron Citrate)	600 mcg	**
Lycopene (from Tomato)	180 mcg	**
Zeaxanthin (from Aztec Marigold Flower)	25 mcg	**
* Percent daily values (DV) are based on a 2000 calorie diet		
** Daily value (DV) not established		

OTHER INGREDIENTS: TRIPOTASSIUM CITRATE, RICE EXTRACT, RICE HULLS, GUM ARABIC, SUNFLOWER OIL, MALTODEXTRIN, CAPSULE (HYDROXYPROPYLMETHYL CELLULOSE, WATER).

NATURAL PRODUCTS (NZ) LTD
MEMBER OF THE XTEND-LIFE GROUP
12 MARY MULLER DRIVE,
CHRISTCHURCH 8022, NEW ZEALAND
INTERNATIONAL PH: +64 3 384 2116
USA/CANADA PH: 1888 487 9304
WWW.XTEND-LIFE.COM

MADE IN NEW ZEALAND USING IMPORTED INGREDIENTS.

