

SUGGESTED USE:
Take 3 tablets daily preferably with meals 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 THE 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.

Sourced from an FDA Registered & Inspected and GMP-certified facility.



DR
TOBIAS™

ADULT
Multivitamin

42 Fruits & Vegetables +
Plant-Based Enzymes + Probiotic

Dietary Supplement
90 Tablets (30 Day Supply)

- Fortified with wholefoods
- Non-GMO, with potent antioxidants
- Multi-system support for optimal health
- Pairs well with our Omega 3



WHAT'S INSIDE:

Supplement Facts

Serving Size 3 Tablets Servings Per Container: 30

Amount Per Serving	%Daily Value
Vitamin A (as 67% beta-carotene / 33% palmitate)	4,500 mcg 500%
Vitamin C (as ascorbic acid)	500 mg 556%
Vitamin D-3 (as cholecalciferol)	10 mcg 50%
Vitamin E (as d-Alpha tocopheryl succinate)	67 mg 444%
Thiamin (as thiamine mononitrate)	50 mg 4167%
Riboflavin	50 mg 3846%
Niacin (as niacin granular)	10 mg 63%
Vitamin B-6 (as pyridoxine HCl)	50 mg 2941%
Folate (400 mcg folic acid)	670 mcg DFE 167%
Vitamin B-12 (as cyanocobalamin)	100 mcg 4167%
Biotin	100 mcg 333%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 400%
Choline (as choline bitartrate)	30 mg 5%
Calcium (as phosphate / amino acid chelate)	175 mg 13%
Phosphorus (as dicalcium phosphate)	72 mg 6%
Magnesium (as amino acid chelate)	100 mg 24%
Zinc (as amino acid chelate)	15 mg 136%
Selenium (as amino acid chelate)	50 mcg 91%
Copper (as oxide)	0.2 mg 22%
Manganese (as sulfate)	2 mg 87%
Chromium (as polynicotinate)	50 mcg 143%
Potassium (as citrate)	50 mg 1%
Enzyme Complex (from plants) (Consisting of Bromelain, Papain, Amylase and Lipase)	75 mg *
Spirulina Algae	500 mg *
Wheat Grass Powder (aerial plant)	200 mg *
Safflower Powder (flower)	100 mg *

Amount Per Serving	%Daily Value
Lecithin	75 mg *
Inositol	75 mg *
Citrus Bioflavonoids 50% Complex	50 mg *
Gotu Kola Powder (aerial parts)	50 mg *
Echinacea purpurea Root Powder	25 mg *
Green Tea 98% Extract (dried leaves)	25 mg *
PABA (para-Aminobenzoic Acid)	15 mg *
Psyllium Husk Powder (hulls)	15 mg *
Oat 10:1 Extract (aerial parts)	15 mg *
Apple Pectin (Malus domestica) (fruit)	15 mg *
Chlorophyll (as sodium copper chlorophyllin)	15 mg *
Lactobacillus acidophilus	20 Million CFU† *
Octacosanol	15 mcg *
Peat Extract (providing all 72 naturally-occurring trace minerals)	3 mg *
Kelp (thallus)	210 mcg *
Boron (as amino acid chelate)	27 mcg *
42 Fruit & Vegetable Proprietary Blend (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).	315 mg *

*Daily Value not established.