

DIRECTIONS: As a dietary supplement, take two capsules daily, (one in the morning and one in the afternoon), with meals and an 8 oz. glass of water.

CAUTION: Do not exceed recommended dose. Pregnant women or nursing mothers, children under 18, and individuals with a known medical condition, should consult with a physician before taking this or any other dietary supplement.

† 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.

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE AT ROOM TEMPERATURE.**

Manufactured in the USA according to current Good Manufacturing Practice (cGMP) and conforms to the tested ingredient grade, strength and purity of industry Quality Standards.



Distributed by:

AS APPROVED SCIENCE®

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MULTI-VITAMIN +BIOPERINE®



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Optimal Strength
GMP Certified

WITH
FULL SPECTRUM
MULTI-MINERAL
COMPLEX

60 CAPSULES

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount per serving	%DV
Vitamin A (as Beta Carotene & Retinyl Palmitate)	1350 mcg	150%
Vitamin C (as Ascorbic Acid)	180 mg	200%
Vitamin D3 (as Cholecalciferol)	10 mcg	50%
Vitamin E (as DL-Alpha-Tocopheryl Acetate)	15 mg	100%
Vitamin B1 (as Thiamine HCl)	50 mg	4167%
Vitamin B2 (as Riboflavin & Riboflavin 5 Sodium Phosphate)	15 mg	1154%
Vitamin B3 (as Niacin)	20 mg	125%
Vitamin B6 (as Pyridoxine HCl & Pyridoxal-5-Phosphate)	25 mg	1471%
Folate (as 5-Methyltetrahydrofolate)	300 mcg	75%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Vitamin B5 (as Calcium Pantothenate)	30 mg	600%
Choline (as DL-Bitartrate)	10 mg	2%
Calcium (as Calcium Citrate)	100 mg	8%
Magnesium (as Magnesium Bisglycinate)	50 mg	12%
Zinc (as Zinc Gluconate)	15 mg	136%
Selenium (L-Selenomethionine)	30 mcg	55%
Copper (as Copper Gluconate)	500 mcg	56%
Manganese (as Manganese Bisglycinate)	2 mg	87%
Chromium (as Chromium Picolinate)	50 mcg	143%
Molybdenum (as Molybdenum Glycinate)	45 mcg	100%
Potassium (as Potassium Citrate)	80 mg	2%
Fruit & Vegetable blend (Carrot, Spirulina, Papaya, Mango, Cabbage, Tomato, Ginger)	150 mg	*
Inositol	50 mg	*
Green Tea (<i>Camellia sinensis</i>) Extract (standardized to 98% Polyphenols, 50% EGCG, 1% Caffeine)	35 mg	*
BioPerine® (<i>Piper nigrum</i>) (fruit) (standardized to 95% Piperine) (standardized to 50:1)	5 mg	*
Lutein (Marigold Petal) (<i>Tagetes erecta</i>) Extract (petals) (standardized to 1% Lutein)	5 mg	*
Zeaxanthin (<i>Tagetes erecta L.</i>) Extract (flower)	2 mg	*
Lycopene	1 mg	*
Boron (as Boron Citrate)	200 mcg	*

* Daily Value not established
% Daily Value (DV) based on a 2000 calorie diet

Other Ingredients: Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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