



FOR THE ENDLESS IMPROVEMENT
OF PERSONAL PERFORMANCE



ESSENTIAL MULTI

FOUNDATIONAL NUTRIENTS



120 vegetarian capsules

Momentous Essential Multi is a multivitamin formulated to mimic the nutrient intakes found in an evolutionary human diet. It provides key vitamins and minerals in levels that correspond to a whole food, nutrient-dense diet, using ingredients sourced in their naturally occurring forms. Additionally, Essential Multi provides a variety of phytonutrients with proven health benefits such as lutein, lycopene, resveratrol, and broccoli seed. Momentous Essential Multi provides a strong and complete base of nutrients for anyone looking to stay healthy and round out their diet. NSF Certified for Sport.

Recommended Use: Take four capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended).

www.livemomentous.com

Warning: If taking a blood-thinning medication, consult a health care practitioner before using. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.

IN COLLABORATION WITH
DESIGNS FOR SPORT.
OPO060-DS-PL



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids from palm tree fruit and Palmitate)	1500 mcg RAE 167%	Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	100 mcg 22%
Vitamin C (as Ascorbic Acid and Acerola)	400 mg 444%	Wild Blueberry Blend Canadian wild blueberries (Vaccinium angustifolium AL, Vaccinium angustifolium ssp. nigrum, Vaccinium myrtilloides) (berry)	100 mg *
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%	Muscadine Grape Powder (Vitis rotundifolia)(skin and seeds)	100 mg *
Vitamin K (as K1 Phytonadione, Vitamin K2 Menaquinone-4 and MenaQ7 [®] Full Spectrum MK-6, MK-7, MK-9)	450 mcg 375%	Citrus Bioflavonoids	100 mg *
Thiamin (as Thiamin HCl)	2.4 mg 200%	Broccoli Seed Extract (Brassica oleracea italica)(seed)	75 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	4.2 mg 323%	Quercetin	50 mg *
Niacin (as Niacinamide and Niacin)	60 mg NE 375%	Broccoli Sprout Powder (Brassica oleracea italica)(sprout)	25 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	6.7 mg 394%	Vitamin E Isomers (as DeltaGold [®] delta and gamma tocotrienols)	25 mg *
Folate (as Quatrefolic [®] (5S)-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE 170%	Trans Resveratrol (Polygonum cuspidatum)(root)	10 mg *
Vitamin B-12 (as Methylcobalamin)	200 mcg 8333%	Pantethine (as Pantestin [®])	5 mg *
Biotin (as d-Biotin)	100 mcg 333%	Lutein Esters	5 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 100%	Lycopene	5 mg *
Calcium (as d-Calcium Malate)	50 mg 4%	Boron (as Boronorganic Glycine)	1 mg *
Magnesium (as d-Magnesium Malate)	150 mg 36%	Benfotiamine	1 mg *
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%	Vanadium (as TRAACS [®] Vanadium Nicotinate Glycinate Chelate)	30 mcg *
Selenium (as SelenoExcell [®])	100 mcg 182%		
Copper (as TRAACS [®] Copper Bisglycinate Chelate)	1 mg 111%		
Manganese (as TRAACS [®] Manganese Bisglycinate Chelate)	1 mg 43%		
Chromium (as TRAACS [®] Chromium Nicotinate Glycinate Chelate)	200 mcg 571%		

*Daily Value not established

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.

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† 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.

