

SUGGESTED USE: Shake bottle gently before each use. Take one tablespoon per day or as directed by your healthcare professional.

STORAGE INSTRUCTIONS: Store at room temperature away from direct sunlight. Keep tightly closed. For longer shelf life, refrigerate after opening.

WARNING: Consult your healthcare professional before use if you are pregnant, nursing, taking medications, have a known medical condition, or for any use by minors. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** For nutritional use only.

*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.

Developed and Distributed by:
Wholly Liquid Nutritional Supplements,
LLC • Hampton, NH 03842
www.whollyliquid.com • Made in USA



NO ARTIFICIAL COLORS OR SUGARS • NO SYNTHETIC FILLERS OR BINDERS

Contains shellfish derivatives. Does not contain milk, eggs, fish, tree nuts, peanuts, wheat or soybeans.

SUPPLEMENTS AS GOOD AS FOOD

WHOLLY LIQUIDTM

LYFE

ESSENTIALS

Life's Daily Multivitamin*

14 FL OZ (420 mL)
DIETARY SUPPLEMENT

Supplement Facts

Serving size: 1 Tbsp. (15 mL)
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin A (palmitate) 2,500 IU	50%
Vitamin C (ascorbic acid) 800 mg	100%
Vitamin D (cholecalciferol) 1000 IU	250%
Vitamin E (di-alpha tocopheryl acetate) 100 IU	335%
Vitamin K (phyloquinone) 50 mcg	60%
Vitamin B1 (thiamine) 10 mg	666%
Vitamin B2 (riboflavin) 10 mg	590%
Vitamin B3 (niacinamide) 10 mg	50%
Vitamin B5 (calcium pantothenate) 10 mg	100%
Vitamin B6 (pyridoxine HCl) 5 mg	250%
Folic acid 400 mcg	100%
Vitamin B12 (methylcobalamin) 25 mcg	417%
Biotin 300 mcg	100%
Choline 25 mg	**
Inositol 25 mg	**
PABA (Para-aminobenzoic acid) 25 mg	**
Betaine*** HCl 10 mg	**
Calcium*** (citrate) 50mg	5%
Magnesium*** (citrate) 75mg	20%
Zinc (citrate) 5mg	30%
Selenium (aspartate) 25 mcg	40%
Manganese (sulfate) 2 mg	100%
Molybdenum 75 mcg	100%
Potassium** (chloride) 25 mg	<1%
Chromium (chloride) 200 mcg	170%
Digestion & Blood Sugar Blend 190 mg	**
Colloidal minerals, Ginger root, Senna leaf, Fennel seed, Garcinia, Cambergia, Gymnema, Slippery elm, Kola nut seed, Chlorella, Milk thistle, Hawthorne berry, Marshmallow root	
Amino Acid Blend 100 mg	**
Glutamic acid, Aspartic acid, L-Alanine, L-Arginine, L-Carnitine, L-Cysteine, L-Glycine, L-Histidine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Valine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tyrosine, L-Taurine	
Antioxidant & Microbial Blend 100 mg	**
Glutathione, Burdock root, Pau d'Arco, Red wine extract, Quercetin, Lycopene, Holy basil, Chlorella, Echinacea	
Brain Phytonutrient Blend 100 mg (Brain, Stress, Anxiety, Depression, Memory, Vision)	**
Yerba mate leaf, Eleuthero root, Rhodiola root, Schisandra fruit, Guarana, Ashwagandha, Beta-carotene, Lutein, Ginkgo biloba, CoQ10, Alpha lipoic acid, Grape seed, Oleic acid, Dimethylglycine (DMG)	
Prebiotic Fiber Blend 100 mg	**
FOS (Fructo-oligosaccharide), Dandelion, Psyllium husk, Apple pectin, Flax seed	
Joint, Muscle, Pain, Inflammation Blend 55 mg	**
Turmeric, Resveratrol, Hyaluronic acid, Glucosamine, Chondroitin, MSM, Aloe vera, American Ginseng root, Suma root, Licorice root, Oregano	

Daily Value not established. *Ionized Minerals

Other Ingredients: Purified water, vegetable glycerin, citric acid, xanthan gum, monk fruit extract, natural flavor, sorbic acid potassium salt, chlorophyll.

