

See Yourself Well™



GREAT TASTING

CONTAINS 32 NUTRIENTS

### Supplement Facts

Serving size = 2 tablespoons (30ml)  
Servings per Container = 16

| Vitamins and Minerals                                             | Per Serving | % Daily Value |
|-------------------------------------------------------------------|-------------|---------------|
| Vitamin A (All trans retinyl palmitate and 0.3% as Beta Carotene) | 2508.25 IU  | 50%           |
| Vitamin C (ascorbic acid)                                         | 70mg        | 117%          |
| Vitamin D (cholecalciferol)                                       | 1000 IU     | 250%          |
| Vitamin E (alpha-tocopheryl acetate)                              | 15 IU       | 50%           |
| Vitamin K                                                         | 40mcg       | 50%           |
| Thiamine [vitamin B1] (thiamine hydrochloride)                    | 5 mg        | 333%          |
| Riboflavin [vitamin B2]                                           | 5 mg        | 294%          |
| Niacin [vitamin B3] (niacinamide)                                 | 10 mg       | 50%           |
| Pantothenic acid [vitamin B5] (d-calcium pantothenate)            | 5 mg        | 50%           |
| Vitamin B6 (pyridoxine hydrochloride)                             | 200 mcg     | 10%           |
| Vitamin B12 (cyanocobalamin)                                      | 3 mcg       | 3333%         |
| Folate (folic acid)                                               | 200 mcg     | 50%           |
| Biotin                                                            | 150 mcg     | 50%           |
| Manganese (manganese chloride)                                    | 1 mg        | 50%           |
| Selenium (sodium selenite)                                        | 100 mcg     | 143%          |

#### Natural Antioxidant Fruits

|                                                             |          |     |
|-------------------------------------------------------------|----------|-----|
| Pomegranate juice concentrate ( <i>Punica granatum</i> )    | 7500 mg  | *** |
| Bilberry ( <i>Vaccinium myrtillus</i> extract, 15:1)        | 287.5 mg | *** |
| Blueberry ( <i>Vaccinium angustifolium</i> extract, 15:1)   | 250 mg   | *** |
| Tart cherry ( <i>Prunus cerasus</i> )                       | 187.5 mg | *** |
| Pomegranate ( <i>Punica granatum</i> )                      | 165 mg   | *** |
| Strawberry ( <i>Fragaria virginiana</i> )                   | 112.5 mg | *** |
| Grape ( <i>Vitis vinifera</i> )                             | 112.5 mg | *** |
| Grapeseed extract ( <i>Vitis vinifera</i> , 100:1)          | 112.5 mg | *** |
| Cranberry ( <i>Vaccinium macrocarpon</i> )                  | 35 mg    | *** |
| Prune ( <i>Prunus domestica</i> )                           | 35 mg    | *** |
| Raspberry ( <i>Rubus idaeus</i> )                           | 15 mg    | *** |
| Raspberry seed extract ( <i>Rubus occidentalis</i> , 100:1) | 15 mg    | *** |

#### Other Ingredients

|                                                 |      |     |
|-------------------------------------------------|------|-----|
| Lufen (Tagetes erecta [Mexican marigold] resin) | 5 mg | *** |
| Lycopene                                        | 5 mg | *** |
| Choline (choline bitartrate)                    | 3 mg | *** |
| Inositol                                        | 3 mg | *** |

\*\*\* Daily Value not established

# POMEGRANATE liquid multi Vitamin & Mineral

500mL liquid | SUPER ABSORPTION  
NATURAL ANTIOXIDANT NUTRIENTS  
5000+ ORAC VALUE PER SERVING



**See Yourself Well Pomegranate Multi** is a source of antioxidants for the maintenance of good health.

**Suggested Usage:** Adults - take 2 tablespoons (30 ml) once per day. Shake well before use. Refrigerate after opening and consume within 45 days. Do not use if product safety seal is broken or missing.

**Caution:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding or if you are taking blood thinners.

**Non-medicinal ingredients:** purified water, citric acid, potassium benzoate and sodium benzoate. This product does not contain yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, artificial sugars or sweeteners, starch, artificial coloring or flavoring.

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**ONE OUNCE (30mL)  
ONCE PER DAY**

\* 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.

