

ONCE DAILY HIGH ENERGY MULTIVITAMIN

- + Immune System[‡]
- + Energy[‡]

120 VEGCAPS DIETARY SUPPLEMENT





WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

Directions: Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene, Retinyl Palmitate) 6	,200 mcg RAE	689%
Vitamin C (as Ascorbic Acid, from Rose Hips, Acerola Cherry)	150 mg	167%
Vitamin D (as Cholecalciferol) (D-3)	25 mcg	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamine (as Thiamine Mononitrate) (B-1)	10 mg	833%
Riboflavin (B-2)	10 mg	769%
Niacin (as Niacinamide) (B-3)	50 mg	313%
Vitamin B-6 (as Pyridoxine HCI)	10 mg	588%
Folate	680 mcg DFE	170%
(400	mcg folic acid)	
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1,042%
Biotin	10 mcg	33%
Pantothenic Acid (from Calcium d-Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	7.8 mg	1%
Calcium (from Calcium Asporotate™**, Calcium Carbonate)	10 mg	<1%
Iron (from Ferrous Furnarate)	1.8 mg	10%
lodine (from Kelp)	22.5 mcg	15%
Magnesium (from Magnesium Asporotate™**, Magnesium Oxide)	5 mg	1%
Zinc (from Zinc Asporotate***)	1.5 mg	14%

	Amount Per Serving	% Daily Value
Selenium (as Selenomethionine)	1 mcg	2%
Copper (from Copper Asporotate™**)	50 mcg	6%
Manganese (from Manganese Asporotate™**)	0.5 mg	22%
Chromium (from Chromium Chloride)	2 mcg	6%
Potassium (from Potassium Asporotate™**)	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	*
Inositol	20 mg	*
Whole Food and Herb Base Rice Flour, Whole Rice Concentrate (including bran, polishings and germ), Alfalfa (leaf), Watercress (leaf), Chamomile (flowering tops), Carrot Juice, Horsetail (aerial), Yellow Dock (root), Parsley (leaf),	135 mg	

*Daily Value not established

Dandelion (root)

Other Ingredients: Vegetable Cellulose Capsule, Sodium Alginate, Food Starch, Magnesium Stearate and Silica.

**Asporotate™ denotes Aspartate, Citrate, Orotate.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Comments or Questions:

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