



**LIFE
EXTENSION®**

Plant-Based Multivitamin



GLUTEN FREE



**NON
GMO
LE CERTIFIED**

Nutrients Derived from Plants
Plus Minerals

**90 VEGETARIAN
CAPSULES**

**DIETARY
SUPPLEMENT**

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, maltodextrin, tapioca starch, silica, vegetable stearate, palm olein, arabic gum, medium chain triglycerides, hydroxypropyl cellulose.

Supplement Facts

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A [as mixed carotenoids from African oil palm (fruit) extract, beta-carotene]	900 mcg* 100%
Vitamin C [from amla (fruit) extract]	90 mg 100%
Vitamin D3 [as cholecalciferol from algae]	25 mcg 125%
Vitamin E [as D-alpha tocopherol from sunflower]	15 mg 100%
Thiamine [vitamin B1 from <i>Chenopodium quinoa</i> (sprouts)]	1.2 mg 100%
Riboflavin [vitamin B2 as riboflavin 5'-phosphate, riboflavin from <i>Chenopodium quinoa</i> (sprouts)]	3.25 mg 250%
Niacin [from <i>Chenopodium quinoa</i> (sprouts)]	16 mg* 100%
Vitamin B6 [as pyridoxal 5'-phosphate, pyridoxin from <i>Chenopodium quinoa</i> (sprouts)]	4.25 mg 250%
Folate [as folate from <i>Chenopodium quinoa</i> (sprouts), L-5-methyltetrahydrofolate calcium salt]	400 mcg* 100%
Vitamin B12 [as methylcobalamin, cobalamin from <i>Chenopodium quinoa</i> (sprouts)]	6 mcg 250%
Biotin [from <i>Chenopodium quinoa</i> (sprouts)]	30 mcg 100%
Pantothenic acid [from <i>Chenopodium quinoa</i> (sprouts)]	5 mg 100%
Iodine [as potassium iodide]	150 mcg 100%
Magnesium [as magnesium oxide]	50 mg 12%
Zinc [as zinc citrate]	11 mg 100%
Selenium [as high selenium yeast]	55 mcg 100%
Manganese [as manganese citrate]	2.3 mg 100%
Chromium [as chromium nicotinate glycinate]	35 mcg 100%
Molybdenum [as molybdenum glycinate]	45 mcg 100%
Food Complex [<i>Chenopodium quinoa</i> (sprouts), amla (fruit), onion (bulb) (providing 22 mg flavonoids), grape (seed) (providing 60 mg proanthocyanidins), broccoli (aerial), African oil palm (fruit), European elder (fruit), blackberry (fruit), blueberry (fruit), sweet cherry (fruit), cranberry (fruit), plum (fruit), perlimmon (fruit), extracts and powders)]	1400 mg

**Daily Value not established.

*RAE (retinol activity equivalents). *DFE (dietary folate equivalents). *NE (niacin equivalents).

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com
To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

Read the entire label and follow the directions
carefully.

DIRECTIONS: Take three (3) capsules
daily with food, or as recommended by
a healthcare practitioner.

Store tightly closed in a cool,
dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you are
undergoing treatment for a medical
condition or if you are pregnant or lactating.



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