

VITAMINS

MINERALS

COGNITIVE
HEALTH**B=V**

BARE PERFORMANCE NUTRITION

STRONG MULTI- VITAMIN

ESSENTIAL VITAMINS & MINERALS

30 SERVINGS

DIETARY SUPPLEMENT / 120 CAPSULES IN CONTAINER



SUPPLEMENT FACTS

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving			Amount Per Serving		
		%DV			%DV
Vitamin A (as Beta Carotene)	1500 mcg RAE	167%	Selenium (as Selenium Amino Acid Complex)	100 mcg	182%
Vitamin C (as Ascorbic Acid)	275 mg	306%	Copper (as Copper Glycinate)	1 mg	111%
Vitamin D (as Cholecalciferol)	62 mcg	310%	Manganese (as Manganese Glycinate)	3 mg	130%
Vitamin E (as D-Alpha Tocopheryl Succinate)	80 mg	533%	Chromium (as Chromium Picolinate) Chromax®	48 mcg	137%
Thiamin (as Thiamin Mononitrate)	8.5 mg	706%	Molybdenum (as Molybdenum Amino Acid Complex)	46 mcg	102%
Riboflavin (as Riboflavin)	1 mg	77%	Cognizin® Citicoline (CDP-Choline)	250 mg	**
Niacin (as Niacin)	30 mg	186%	Ashwagandha (<i>Withania somnifera</i>) Root Extract (as KSM-66®)	125 mg	**
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	11 mg	647%	Boron (as Boron Citrate)	6 mg	**
Folic Acid	680 mcg DFE (400 mcg folic acid)	170%	Black Pepper (<i>Piper nigrum</i>) Fruit Extract (BioPerine®)	5 mg	**
Vitamin B ₁₂ (as Methylcobalamin)	50 mcg	2083%	Vitamin K2 (as Menaquinone-7)	120 mcg	**
Biotin (as Biotin)	25 mcg	83%	Vanadium (as Vanadyl Sulfate)	53 mcg	**
Pantothenic Acid (as d-Calcium Pantothenate)	55 mg	1100%			
Calcium (as Calcium Bisglycinate)	325 mg	25%			
Iodine (as Potassium Iodide)	75 mcg	50%			
Magnesium (as Magnesium Oxide, Magnesium Aspartate Complex)	250 mg	60%			
Zinc (as Zinc Bisglycinate)	15 mg	136%			

**Percent Daily Values (DV) Not Established

Other Ingredients: Vegetable Capsule (Hyromellose), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide

**CERTIFIED
SPORT**