

SUGGESTED USE: As a dietary supplement, take three (3) capsules daily with a meal, or as directed by a healthcare professional.

WARNING: Consult your healthcare professional if you have a medical issue before taking this product. This product contains soy.

Supplement Facts

Serving Size: Three (3) Capsules | Servings Per Container: 60

	Amount Per Serving:	% DV
Vitamin A (from palmitate)	5,000 IU	100%
Vitamin C (from ascorbic acid)	300 mg	500%
Vitamin D (from cholecalciferol)	400 IU	100%
Vitamin E (from d-alpha-tocopheryl acetate)	100 IU	333%
Thiamin (Vitamin B-1, from thiamin hydrochloride)	50 mg	333%
Riboflavin (Vitamin B-2)	80 mg	4710%
Niacin (Vitamin B-3, from inositol hexanicotinate)	80 mg	400%
Vitamin B-6 (from pyridoxine hydrochloride)	80 mg	4000%
Folic Acid	400 mcg	100%
Vitamin B-12 (from methylcobalamin)	60 mcg	1000%
Biotin (from d-biotin)	300 mcg	100%
Pantothenic Acid (Vitamin B-5, calcium pantothenate)	80 mg	800%
Calcium (from calcium citrate and di-calcium phosphate)	120 mg	12%
Iodine (from kelp)	150 mcg	100%
Magnesium (from magnesium citrate and magnesium oxide)	40 mg	10%
Zinc (from zinc amino acid chelate)	20 mg	133%
Selenium (from L-selenomethionine)	50 mcg	70%
Manganese (from manganese amino acid chelate)	2 mg	100%
Chromium (from chromium picolinate)	120 mcg	100%
Molybdenum (from molybdenum amino acid chelate)	75 mcg	100%
Potassium (from potassium amino acid chelate)	7 mg	0%



VITA-VITAMIN

Contains Alpha Lipoic Acid, Coenzyme Q10, Lutein, Lycopene and Vanadium

D I E T A R Y S U P P L E M E N T

Advanced Blend of Vitamins, Minerals,
Amino Acids & Herbs*

180 VEGETARIAN CAPSULES PER BOTTLE / 60 SERVINGS

Supplement Facts Continued

	Amount Per Serving:	% DV
Lycopene (standardized to yielding 5 mg pure lycopene)	100 mg	†
Choline Bitartrate	50 mg	†
Inositol	50 mg	†
Grape Skin Extract	50 mg	†
Para-Aminobenzoic Acid (PABA)	50 mg	†
Betaine HCl	30 mg	†
Citrus Bioflavonoid Complex	30 mg	†
Rutin (<i>Sophora japonica</i>)(leaf)	30 mg	†
Alpha Lipoic Acid	10 mg	†
CoEnzyme-Q10	10 mg	†
Hesperidin 90% (<i>Citrus aurantium</i>)	5 mg	†
Proprietary Herbal Blend	5 mg	†
Barley Grass Powder, Echinacea Purpurea (herb), Goldenseal Root Powder, Lecithin - Ultra LECI-P, Parsley (leaves), Pau D'Arco (herb), Rice Bran and Watercress (herb)		
Lutein/Zeaxanthin (from FloraGLO®)	3 mg	†
Boron (from boron amino acid chelate)	100 mcg	†
Vanadium (from vanadium amino acid chelate BGOV complex)	5 mcg	†

†Daily Value (DV) not established.

Other Ingredients: Vegetarian Capsule (HPMC), Microcrystalline Cellulose, Rice Flour, Ascorbyl Palmitate, and Silica.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.



Chromax® (Chromium Picolinate) is a registered trademark of Nutrition 21, LLC.



FloraGLO® Lutein is a registered trademark of Kemira Industries, Inc.

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MADE IN USA • Manufactured for
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*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.