

Directions: For adults, take three (3) tablets daily, preferably before meals.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Sugar, No Preservatives, No Artificial Flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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Carefully Manufactured by
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More THAN A MULTIPLE™

WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FORMULA



WITH
**VISION
ESSENTIALS**

90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	10
Total Carbohydrate	2g 1%*
Dietary Fiber	1g 4%
Vitamin A (as Beta-Carotene and Retinyl Palmitate)	15,000 IU 300%
Vitamin C (as Ester-C® Calcium Ascorbate and Ascorbyl Palmitate)	500 mg 833%
Vitamin D (as D3 Cholecalciferol)	800 IU 200%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	30 IU 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	20 mg 1,333%
Riboflavin (Vitamin B-2)	20 mg 1,176%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	22 mg 1,100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg 16,667%
Biotin (as d-Biotin)	75 mcg 25%
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg 250%

Amount Per Serving	%Daily Value
Calcium (as Calcium Citrate and Calcium Carbonate)	152 mg 15%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Citrate)	50 mg 13%
Zinc (as Zinc Citrate)	15 mg 100%
Selenium (as L-Selenomethionine)	70 mcg 100%
Copper (as Copper Citrate)	1.5 mg 75%
Manganese (as Manganese Citrate)	3 mg 150%
Chromium (as Chromium Picolinate)	75 mcg 60%
Sodium	10 mg <1%

MacuVision® Complex	348 mg	**
Sea Buckthorn Extract (Hippophae rhamnoides) (fruit), Wild Blueberry Extract 5:1 (Vaccinium angustifolium) (fruit), Acai Extract 20:1 (Euterpe oleracea) (fruit), Schizandra Extract (Schizandra chinensis) (fruit), Eyebright Extract 4:1 (Euphrasia officinalis) (aerial)		
Whole Food Energy-Rich Complex	150 mg	**
Red Pepper (Capsicum frutescens grossum) (fruit), Tomato (Lycopersicon esculentum) (fruit), Strawberry (Fragaria		

Amount Per Serving	%Daily Value
virginiana) (fruit), Cranberry (<i>Vaccinium macrocarpon</i>) (fruit), Acai (<i>Euterpe oleracea</i>) (fruit), Mangosteen (<i>Garcinia mangostana</i>) (fruit), Goji (<i>Lycium barbarum</i>) (fruit), Pomegranate (<i>Punica granatum</i>) (fruit), Broccoli (<i>Brassica oleracea italica</i>) (aerial), Spinach (<i>Spinacia oleracea</i>) (leaf), Kale (<i>Brassica oleracea acephala</i>) (leaf), Beet (<i>Beta vulgaris</i>) (root), Carrot (<i>Daucus carota sativa</i>) (root), Grape (<i>Vitis vinifera</i>) (fruit), Pumpkin (<i>Cucurbita pepo</i>) (fruit), Blueberry (<i>Vaccinium corymbosum</i>) (fruit)	
Bilberry Extract	60 mg **
(Vaccinium myrtillus) (fruit) (Standardized to contain 25% Anthocyanosides)	

Inositol	50 mg	**
Citrus Bioflavonoids (Citrus spp.) (fruit)	50 mg	**
Black Currant Extract (Ribes nigrum) (fruit) (Standardized to contain 30% Anthocyanins)	30 mg	**
Lutein	6 mg	**
Boron (as Boron Citrate)	1 mg	**
Zeaxanthin	500 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Chlorophyllin, Titanium Dioxide Color, Gelatin.