

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

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.

©Contains approximately the same amount of caffeine as one cup of coffee.

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WHOLE FOOD
CONCENTRATES

MULTIVITAMIN FORMULA



WITH
**ENERGY
ESSENTIALS**

90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	10
Total Carbohydrate	1 g <1%*
Dietary Fiber	1 g 5%
Vitamin A (as Beta-Carotene and Retinyl Palmitate)	10,000 IU 200%
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)	35 mg 2,333%
Riboflavin (Vitamin B-2)	35 mg 2,059%
Niacin (as Niacinamide)	40 mg 200%
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg 2,000%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	2,000 mcg 33,333%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg 400%

Amount Per Serving	%Daily Value
Calcium (as Calcium Citrate and Calcium Carbonate)	112 mg 11%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Citrate)	120 mg 30%
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)	150 mcg 125%
Sodium	10 mg <1%
Energy Support Complex ⁰	215 mg **
Natural Caffeine from Green Coffee Bean (Coffee spp.), Green Tea Extract (Camellia sinensis) (leaf), Guarana (Paulinia cupana) (seed), Yerba Mate Extract (Ilex paraguariensis) (leaf), Kola Nut Extract (Cola acuminata) (seed)	
Rhodiola Root Extract (Rhodiola rosea) (Standardized to contain 3% rosavins)	170 mg **

Amount Per Serving	%Daily Value
Whole Food Energy-Rich Complex	150 mg **
Red Pepper (Capsicum frutescens grossum) (fruit), Tomato (Lycopersicon esculentum) (fruit), Strawberry (Fragaria virginiana) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Acai (Euterpe oleracea) (fruit), Mangosteen (Garcinia mangostana) (fruit), Goji (Lycium barbarum) (fruit), Pomegranate (Punica granatum) (fruit), Broccoli (Brassica oleracea italica) (aerial), Spinach (Spinacia oleracea) (leaf), Kale (Brassica oleracea acephala) (leaf), Beet (Beta vulgaris) (root), Carrot (Daucus carota sativa) (root), Grape (Vitis vinifera) (fruit), Pumpkin (Cucurbita pepo) (fruit), Blueberry (Vaccinium corymbosum) (fruit)	
Kaneka® Coenzyme Q-10	60 mg **
Citrus Bioflavonoids (Citrus spp.) (fruit)	50 mg **
Alpha Lipic Acid	50 mg **
Choline (as Choline Bitartrate)	25 mg **
Inositol	25 mg **
Boron (as Boron Citrate)	1.5 mg **

*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.