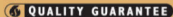


PHARMANEX® STANDARD: Life Essentials® is a high quality, well balanced formula providing a basic level of essential vitamins, minerals, and antioxidants. Life Essentials conforms to the USP XXV requirements for disintegration and dissolution for oil and water soluble vitamin and mineral capsules.

DIRECTIONS FOR USE: Two capsules daily: Take one (1) capsule with eight (8) ounces of liquid with your morning and evening meals.

WARNINGS: Keep out of reach of children. If you are pregnant or lactating, consult a physician before using this product. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician.

Do not use if safety seal is broken or missing. Store in a cool, dry place.



GUARANTEE: No added sugar, salt, wheat, yeast, or dairy products.

Mfd. in the U.S.A. exclusively for NSE Products, Inc., Provo, UT 84601

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1-888-PHARMANEX nuskin.com

**Sold Exclusively by Nu Skin Enterprises
Authorized Distributors.**

Batch No:

Exp Date:



Life Essentials®
DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Vitamin A (29% as Beta Carotene (1000 IU) from <i>Blakeslea trispora</i> , and Vitamin A Acetate)	3,500 IU 70%
Vitamin C (as Ascorbic Acid)	70 mg 117%
Vitamin D ₃ (as Cholecalciferol)	200 IU 50%
Vitamin E (as α -Alpha Tocopheryl Succinate, Mixed Tocopherols)	30 IU 100%
Thiamin (as Thiamine Mononitrate)	0.75 mg 50%
Riboflavin (as Riboflavin)	0.85 mg 50%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1 mg 50%
Folate (as Folic Acid)	200 mcg 50%
Vitamin B ₁₂ (as Cyanocobalamin)	3 mcg 50%
Biotin (as Biotin)	75 mcg 25%
Pantothenic Acid (as α -Calcium Pantothenate)	5 mg 50%
Calcium (as Calcium Carbonate, Calcium Bisglycinate)	100 mg 10%
Iron (as Iron Bisglycinate)	1.5 mg 8%
Iodine (as Potassium Iodide)	37.5 mcg 25%
Magnesium (as Magnesium Glycinate, Magnesium Citrate, Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Bisglycinate)	7.5 mg 50%
Selenium (as L-Selenomethionine)	17.5 mcg 25%
Copper (as Copper Bisglycinate)	1 mg 50%
Manganese (as Manganese Bisglycinate)	1.75 mg 88%
Chromium (as Chromium Nicotinate Glycinate)	60 mcg 50%
Molybdenum (as Molybdenum Glycinate)	37.5 mcg 50%
Potassium (as Potassium Chloride)	40 mg 1%
Horsetail Extract (aerial parts)	75 mg *
Boron (as Boron Citrate)	0.5 mg *

*Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline cellulose, Magnesium Stearate, Croscarmellose Sodium.

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