

Supplement Facts Continued

Amount Per Serving:	% DV
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), Goldenrod 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 BGVN complex)	5 mcg †

† Daily Value (DV) not established.

Other Ingredients: Vegetarian Capsule (HPMC), Microcrystalline Cellulose, Rice Flour, Ascorbyl Palmitate, and Silica.**CAUTION:** Consult your healthcare professional if you have a medical issue before taking this product. This product contains soy.**MADE IN USA** • Manufactured for Olympian Labs, Inc.
Phoenix, AZ 85027 • 1.800.473.5883 • www.OlympianLabs.com

*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.

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

DAILY ESSENTIALS

Vita-Vitamin

21 Essential Vitamins & Minerals**High Potency Energy Booster Blend****Iron Free****GLUTEN
FREE****OLYMPIAN LABS, INC.****90** VEGETARIAN CAPSULES / 60 SERVINGS • DIETARY SUPPLEMENT**SUGGESTED USE:** As a dietary supplement, take three (3) capsules daily with a meal, or as directed by a healthcare professional.**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 471%
Niacin (Vitamin B-3, from inositol hexanicotinate)	80 mg 400%
Vitamin B-6 (from pyridoxine hydrochloride)	80 mg 400%
Folic Acid	400 mcg 100%
Vitamin B-12 (from methylcobalamin)	60 mcg 100%
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%
Lycopene (standardized to yielding 5 mg pure lycopene)	100 mg †
Choline Bitartrate	50 mg †
Inositol	50 mg †

