

Amount Per Serving	% Daily Value	
Rose Hips	25 mg	*
Spirulina	25 mg	*
Choline (from choline bitartrate)	25 mg	*
Inositol	25 mg	*
Betaine HCl	25 mg	*
Papain	20 mg	*
Bromelain	20 mg	*
Lipase	20 mg	*
Lutemax 2020™ (providing lutein, zeaxanthin) ..	20 mg	*
Lyc-O-Mato® (source of lycopene)	10 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silica, dibasic calcium phosphate, glycerin.

SUGGESTED USE: Take two tablets daily with food or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.



Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.



L-OptiZinc® is a registered trademark of Interhealth, N.I. L-OptiZinc® brand of zinc l-methionine (U.S. Patent 5,278,329).

Lyc-O-Mato® is a registered trademark of LycORed Natural Products Limited, Inc.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
To report a serious adverse event, call 1-888-710-0006

Iron-Free FULL OF ENERGY SENIOR MULTI™

Nutritional Support for the Mature Adult

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (100% as beta-carotene)	2,500 IU	50%
Vitamin C (as calcium ascorbate)	120 mg	200%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha tocopheryl succinate) ...	30 IU	100%
Thiamin (as thiamin mononitrate)	3 mg	200%
Riboflavin (from riboflavin-5'-phosphate sodium)...	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin).....	30 mcg	500%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium pantothenate) 10 mg		100%
Calcium (from calcium citrate, calcium ascorbate and calcium pantothenate) 145 mg		15%
Iodine (from potassium iodide)	50 mcg	35%
Magnesium (from magnesium citrate)	50 mg	15%
Zinc (from L-OptiZinc®).....	15 mg	100%
Selenium (from selenomethionine)	35 mcg	50%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganous gluconate) ...	1 mg	50%
Chromium (from picolinate)	60 mcg	50%
Molybdenum (from sodium molybdate) ...	10 mcg	15%

KEEP OUT OF REACH OF CHILDREN.

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7