

ITEM #320
B52804 14F



ACTUAL
SIZE



Multi Vitamin Formula

Supports Energy
Metabolism*

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 6 Tablets
Servings Per Container 16

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D (as D5 Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10 IU	33%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	3 mg	200%
Riboflavin (Vitamin B-2)	3 mg	176%
Niacin	3 mg	15%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	15 mcg	250%
Biotin (as d-Biotin)	5 mcg	2%
Pantothenic Acid (as d-Calcium Pantothenate)	0.12 mg	1%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	800 mg	80%
Iron (as Ferrous Gluconate)	14 mg	76%
Iodine (as Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Sulfate)	0.022 mg	<1%
Selenium (as Sodium Selenate)	70 mcg	100%
Copper (as Copper Sulfate)	0.022 mg	1%
Manganese (as Manganese Sulfate)	4.2 mg	210%
Sodium	15 mg	1%
Potassium (as Potassium Iodide and Potassium Chloride)	0.0574 mg	<1%
Boron (as Sodium Borate Decahydrate)	300 mcg	**
PABA (Para-Aminobenzoic Acid)	37.5 mg	**

Amount Per Serving	%Daily Value	
Choline Bitartrate	5.25 mg	**
Inositol	10 mg	**
Alfalfa Leaf	40 mg	**
L-Lysine HCl	10 mg	**
DL-Methionine	1.25 mg	**
L-Leucine	4.5 mg	**
L-Cystine	1.25 mg	**
L-Isoleucine	4.5 mg	**
L-Phenylalanine	2.6 mg	**
L-Arginine	1.93 mg	**
L-Histidine	1.09 mg	**
L-Threonine	2.08 mg	**
L-Valine	3.16 mg	**
Wheat Germ (seed)	60 mg	**
Papain	20 mg	**
Sodium Copper Chlorophyllin	5 mg	**
Citrus Bioflavonoid Complex (Citrus spp.) (fruit)	30 mg	**
Peppermint (leaf)	20 mg	**
Ginkgo Biloba (Ginkgo biloba) (leaf)	30 mg	**
Coenzyme Q-10	30 mcg	**
Eleuthero (Eleutherococcus senticosus) (root)	12 mg	**
Deodorized Garlic (Allium sativum) (bulb)	12 mg	**
Echinacea (Echinacea purpurea) (aerial)	24 mg	**
Spirulina	12 mg	**
Chlorella	12 mg	**
Grape Seed Extract (standardized to contain 50% polyphenols, 100 mcg)	200 mcg	**
Watercress	3.6 mg	**
Parsley	3.6 mg	**
Kelp	3.6 mg	**
Soy Lecithin	3.6 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose.
Contains <2% of: Gelatin, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat and soy ingredients.

In a natural base of Watercress, Parsley, Kelp, and Soy Lecithin.

Directions: Take six (6) tablets daily, preferably with meals.

No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Sugar, No Preservatives, No Artificial Color, 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. Avoid this product if you are allergic to sunflowers or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured by
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