

Manufactured for: EnergyFirst  
 1140 Highland Ave., Ste. 100  
 Manhattan Beach, CA 90266  
 www.energyfirst.com

Amount Per Serving	% Daily Value
MSM (methylsulfonylmethane).....	125 mg *
L-Methionine .....	50 mg *
Citrus Bioflavonoid Complex .....	50 mg *
Alpha Lipoic Acid .....	50 mg *
Silica .....	40 mg *
Choline (from Choline Bitartrate) ....	25 mg *
Inositol.....	25 mg *
Grapeseed Extract (Leucoselect®) ..	15 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), MAGNESIUM STEARATE (VEGETABLE SOURCE), MODIFIED CELLULOSE GUM, SILICA, VANILLA EXTRACT, GLYCERIN.

To report a serious adverse event,  
 call 1-888-710-0006



**PROVIDES SEVERAL  
 KEY VITAMINS AND  
 NUTRIENTS†**

**DIETARY  
 SUPPLEMENT**

**60 VEGETARIAN  
 TABLETS**

## Supplement Facts

Serving Size 1 Tablet  
 Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-carotene, 50% as palmitate) .....	2,500 IU 50%
Vitamin C (as ascorbic acid) .....	80 mg 133%
Vitamin D3 (as cholecalciferol) .....	200 IU 50%
Vitamin E (as d-alpha tocopheryl succinate) .....	15 IU 50%
Thiamin (as thiamin mononitrate).....	5 mg 333%
Riboflavin .....	5 mg 294%
Niacin (as niacinamide).....	10 mg 50%
Vitamin B6 (as pyridoxine HCl) .....	5 mg 250%
Folic Acid.....	200 mcg 50%
Vitamin B12 (as cobalamin) .....	7.5 mcg 125%
Biotin .....	1,000 mcg 333%
Pantothenic Acid (as d-calcium pantothenate) .....	15 mg 150%
Calcium (from di-calcium phosphate, calcium pantothenate) .....	135 mg 14%
Iron (from ferrous fumarate) .....	5 mg 28%
Phosphorous (from di-calcium phosphate) .	100 mg 10%
Magnesium (from magnesium oxide) .....	50 mg 13%
Zinc (from zinc gluconate).....	12.5 mg 83%
Selenium (L-Selenomethionine) .....	100 mcg 143%
Copper (from copper gluconate).....	1 mg 50%
Manganese (from manganous gluconate) ....	0.5 mg 25%
Chromium (from chromium chloride) .....	100 mcg 83%
Molybdenum (from sodium molybdate) .....	25 mcg 33%
Potassium (from potassium chloride) .....	25 mg 1%

**SUGGESTED USE:** Take one tablet daily with meals.

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

Leucoselect® is a registered trademark of Indena SpA.

**Keep out of reach of children.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Made in the USA

VVL 549-60F