

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 *
Lutein (LuteMax®)	1 mg *
Lycopene	0.5 mg *

* Daily Value not established.

Other Ingredients: Cellulose (vegetable source), magnesium stearate (vegetable source), dibasic calcium phosphate, silicon dioxide, modified cellulose and 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® is a registered trademark of Kancor.



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

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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