

SUGGESTED USE: Take one packet daily with food. Each daily packet includes:

	Softgel Multi	2 each
	100% Natural Vitamin E 400 IU	1 each
	Cal-Mag-Zinc	2 each
	Concentrated Omega-3	1 each
	Vitamin C 1,000 mg w/Rose Hips	1 each

Many people are overwhelmed when it comes to taking supplements. They don't know where to begin or what the right product is for them. Our **High Potency Multi Pack** is a simple supplement program for anyone looking to maintain or promote general wellness.†

MULTIVITAMIN

Our **Softgel Multi with Lutein & Lycopene** is formulated to provide the essential recommended nutrients. Easy to swallow, Softgel Multi is a high potency multivitamin with Lyc-O-Mato® lycopene and FloraGLO® lutein which promote skin and eye health for nutritional support all day long.†

ANTIOXIDANTS

These free radical scavengers help to protect your cells from oxidative damage. Our **100% Natural Vitamin E 400 IU** and **Vitamin C 1,000 mg with Rose Hips** provide large doses of two naturally occurring antioxidants. Rose Hips are one of the richest plant sources of vitamin C.†

MINERALS

Meeting daily calcium requirements is important to maintaining bone density and strength. In addition, an adequate supply of magnesium is vital to calcium absorption. These two minerals also support muscle and nerve function. Zinc is an important mineral that assists the body's natural defenses. Our **Cal-Mag-Zinc** provides 100% or more of all three of these essential minerals.†

ESSENTIAL FATTY ACIDS (EFA's)

Known as the "good fats", EFA's are critical to overall health. EFA's may promote cardiovascular, hormonal, and brain health. They may also help maintain skin, joint, and nerve health. **Concentrated Omega-3** softgels provide 360 mg of EPA and 240 mg of DHA per 1,200 mg softgel. Our molecularly distilled fish oil is sourced from fresh, cold water sources and is tested for pesticides, PCB's, and heavy metals.†

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

FloraGLO® is a registered trademark of Kemira.

Lyc-O-Mato® is a registered trademark of Lycored, Natural Product Industries, Ltd.

Due to natural variations, speckling may appear.

In compliance with State of California health laws, be advised this product contains Vitamin A in a daily dosage in excess of 10,000 IU. Large amounts of Vitamin A are known to cause birth defects or other reproductive harm. Children, women who are pregnant, or women who may become pregnant should not use this product except under the advice of a physician.

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

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.

†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.

IMPROVED
FORMULA

With Omega-3

HIGH POTENCY MULTI PACK

Daily Nutritional Supplement &
Antioxidant Support

Daily Supplements for Active Lifestyles

30 INDIVIDUAL PACKETS

THIS PACKAGE FOR HOUSEHOLDS WITHOUT YOUNG CHILDREN



Supplement Facts

Serving Size 1 Packet

Servings Per Container 30

Amount Per Packet of 7 Supplements % Daily Value*

Total Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%
Vitamin A (as 50% palmitate, 50% beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1,300 mg	2710%
Vitamin D3 (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopherol)	802 IU	2670%
Thiamin (as thiamin mononitrate)	50 mg	3330%
Riboflavin	50 mg	2940%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	52 mg	2600%
Folate	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	100 mcg	1670%
Biotin	300 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	50 mg	500%
Calcium (from carbonate, citrate, aspartate)	1,200 mg	120%
Iron (from ferrous fumarate)	10 mg	60%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide, amino acid chelate)	600 mg	150%
Zinc (from gluconate, picolinate, citrate, oxide, amino acid chelate)	40 mg	267%
Selenium (from L-selenomethionine)	70 mcg	100%
Copper (from gluconate)	2 mg	100%
Manganese (from gluconate)	4 mg	200%
Chromium (from picolinate)	120 mcg	100%
Molybdenum (from amino acid chelate)	75 mcg	100%
Betaine HCl	100 mg	**
Glutamic Acid HCl	100 mg	**
Boron (from gluconate)	25 mcg	**
Choline (from bitartrate)	20 mg	**
Inositol	30 mg	**
Lutein (FloraGLO®)	2 mg	**
Lycopene (Lyc-O-Mato®)	2 mg	**
Rose Hips	70 mg	**
Vanadium (from sulfate)	25 mcg	**
Concentrated Fish Oil (from Anchovies (<i>Engraulis ringens</i>), Sardines (<i>Sardinops sagax</i>), and/or Mackerel (<i>Trachurus symmetricus</i>))	1,200 mg	**
Fatty Acid Composition:		
EPA (eicosapentaenoic acid)	360 mg	**
DHA (docosahexaenoic acid)	240 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients:

Soybean oil, gelatin, glycerin, natural unbleached yellow beeswax, soy lecithin, purified water. **100% Natural Vitamin E 400 IU:** Capsule (gelatin), glycerin, soybean oil, purified water. **Cal-Mag-Zinc:** Cellulose, modified cellulose gum, silica, calcium stearate (vegetable source), stearic acid (vegetable source), glycerin. **Concentrated Omega-3:** Capsule (gelatin), glycerin, Florida orange oil, purified water. **Vitamin C 1,000 mg w/Rose Hips:** Cellulose, modified cellulose gum, silica, stearic acid (vegetable source), calcium carbonate (vegetable source), magnesium stearate (vegetable source), glycerin.

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

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

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