

Life Essentials® is a high quality, well balanced formula providing a basic level of essential vitamins, minerals, and antioxidants.

DIRECTIONS FOR USE: Two capsules daily: Take one (1) capsule with eight (8) ounces of liquid with your morning and evening meals.

WARNINGS: Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or using prescription medication. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing. Store in a cool, dry place.

GUARANTEE: No added sugar, salt, wheat, yeast, or dairy products.



Batch No.:

Exp. Date:



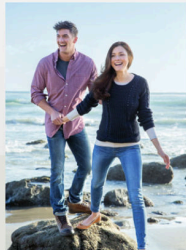
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NSE PRODUCTS, INC., PROVO, UT 84601
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Life Essentials®

Baseline vitamin and mineral formula

DIETARY SUPPLEMENT 60 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Vitamin A (29% as Beta Carotene (1000 IU) from <i>Blakeslea trispora</i> , and Vitamin A Acetate)	3,500 IU 70%
Vitamin C (as Ascorbic Acid)	70 mg 117%
Vitamin D ₃ (as Cholecalciferol)	200 IU 50%
Vitamin E (as <i>DL</i> -Alpha Tocopheryl Succinate, Mixed Tocopherols)	30 IU 100%
Thiamin (as Thiamine Mononitrate)	0.75 mg 50%
Riboflavin (as Riboflavin)	0.85 mg 50%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1 mg 50%
Folate (as Folic Acid)	200 mcg 50%
Vitamin B ₁₂ (as Cyanocobalamin)	3 mcg 50%
Biotin (as Biotin)	75 mcg 25%
Pantothenic Acid (as <i>D</i> -Calcium Pantothenate)	5 mg 50%
Calcium (as Calcium Carbonate, Calcium Bisglycinate)	100 mg 10%
Iron (as Iron Bisglycinate)	1.5 mg 8%
Iodine (as Potassium Iodide)	37.5 mcg 25%
Magnesium (as Magnesium Glycinate, Magnesium Citrate, Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Bisglycinate)	7.5 mg 50%
Selenium (as L-Selenomethionine)	17.5 mcg 25%
Copper (as Copper Bisglycinate)	1 mg 50%
Manganese (as Manganese Bisglycinate)	1.75 mg 88%
Chromium (as Chromium Nicotinate Glycinate)	60 mcg 50%
Molybdenum (as Molybdenum Glycinate)	37.5 mcg 50%
Potassium (as Potassium Chloride)	40 mg 1%
Horsetail Extract (aerial parts)	75 mg *
Boron (as Boron Citrate)	0.5 mg *

*Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline cellulose, Magnesium Stearate, Croscarmellose Sodium.

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