

Supplement Facts for A.M.

Serving Size: Three Capsules (One Packet)		
Servings Per Container: 30		
Three Capsules Contain:		% DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	600 mcg	150%
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	38 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	63 mg	16%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	10 mg	67%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg	67%
Curcumin Phytosome††† (Curcuma longa extract (root) / Phosphatidylcholine complex from Sunflower)		
		200 mg **
Green Tea Phytosome††† (Camellia sinensis extract (leaf) decaffeinated / Phosphatidylcholine complex)		
		75 mg **
Choline Citrate		
		50 mg **
d-Gamma Tocopherol (from Mixed Tocopherols)		
		24 mg **
Boron (as Bororganic™ Boron Glycinate Complex)†††††		
		1 mg **
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))		
		300 mcg **
**Daily Value (DV) not established.		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

Contains an ingredient derived from soy (Green Tea Phytosome).

Gamma tocopherol does not have a recognized IU equivalent.

Suggested Use: Take one packet containing 3 capsules of the A.M. formula in the morning and one packet containing 3 capsules of the P.M. formula in the evening daily with a meal or as recommended by your health-care practitioner.

If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.

Tamper Evident: Use only if packets are sealed. Store in a cool, dry place.

VM114C
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Supplement Facts for P.M.

Serving Size: Three Capsules (One Packet)		
Servings Per Container: 30		
Three Capsules Contain:		% DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)	1,000 IU	20%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Biotin	500 mcg	167%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	50 mg	5%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	107 mg	27%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	20 mg	133%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg	67%
Proprietary Blend††††		
Magnolia officinalis (bark) extract		**
Phellodendron amurense (bark) extract		**
Choline Citrate		100 mg **
d-Gamma Tocopherol (from Mixed Tocopherols)		24 mg **
Boron (as Bororganic™ Boron Glycinate Chelate)†††††		2 mg **
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))		600 mcg **
**Daily Value (DV) not established.		

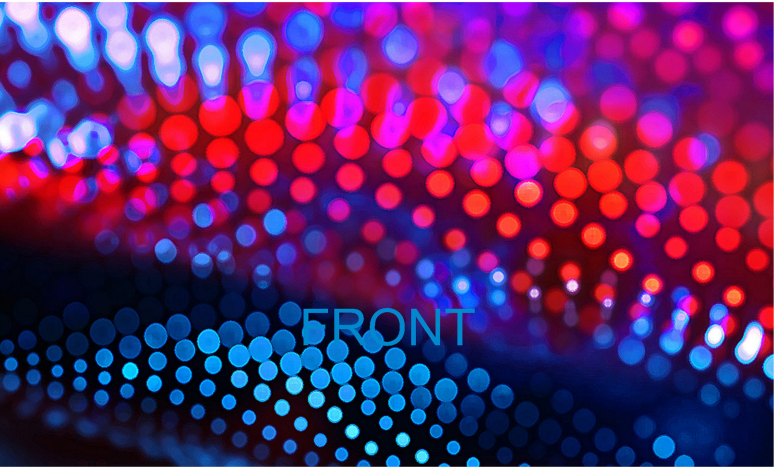
Other ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's TRAACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††This product uses curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A. ††††This product uses Relora® (a proprietary blend of a patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense bark). Relora is a registered trademark of InterHealth N.I. Its use in this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987. †††††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.



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MULTI-VITAMIN
ELITE

30 Single Serving Packets of A.M.
30 Single Serving Packets of P.M.

DIETARY SUPPLEMENT