



multivitamin
net wt. 17.28 oz. (490 g)
dietary supplement

**multivitamin
and mineral
powder**
includes amino acids

gluten
free

nut
free



learn more at
vsquality.net

Supplement Facts

Serving Size 1 Heaping Tablespoon (16.3 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	5	
Total Fat	0.5 g	1%
Cholesterol	3 mg	1% [†]
Total Carbohydrate	<1 g	<1% [†]
Protein	8 g	
Vitamin A (as 53% palmitate, 47% beta carotene)	15000 IU	300%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as ergocalciferol)	500 IU	125%
Vitamin E (as d-alpha tocopheryl acetate)	400 IU	1333%
Vitamin K (as phyloquinone)	5 mcg	6%
Thiamin (Vitamin B1)(as thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	25 mcg	8%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as calcium caseinate, carbonate, dicalcium phosphate)	492 mg	49%
Iron (as ferrous sulfate)	18 mg	100%
Phosphorus (as dicalcium phosphate from calcium caseinate)	178 mg	18%
Iodine (as potassium iodide)	180 mcg	120%
Magnesium (as magnesium carbonate)	200 mg	50%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as selenium proteinate)	50 mcg	71%
Copper (as copper amino acid chelate)	0.2 mg	10%
Manganese (as manganese carbonate)	4 mg	200%
Chromium (as chromium amino acid chelate)	50 mcg	42%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	67%
Potassium (as potassium citrate and potassium alginate)	95 mg	3%

	Amount Per Serving	% Daily Value
Rice Bran	1000 mg	*
Lemon Bioflavonoids	400 mg	*
Lecithin (as soy lecithin)	350 mg	*
Choline (as choline bitartrate, lecithin)	100 mg	*
Inositol	100 mg	*
Hesperidin Complex	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Rutin	25 mg	*

[†] Percent Daily Value is based on a 2,000 calorie diet.

* Daily Value not established.

TYPICAL AMINO ACID PROFILE PER 16.3 g OF POWDER

L-Alanine	240 mg	L-Lysine	624 mg
L-Arginine	311 mg	L-Methionine	260 mg
L-Aspartic Acid	520 mg	L-Phenylalanine	418 mg
L-Cysteine	35 mg	L-Proline	80 mg
L-Glutamic Acid	1750 mg	L-Serine	474 mg
L-Glycine	152 mg	L-Threonine	351 mg
L-Histidine	260 mg	L-Tryptophan	50 mg
L-Isoleucine	410 mg	L-Tyrosine	450 mg
L-Leucine	700 mg	L-Valine	465 mg

Other ingredients: Guar gum, xanthan gum, betaine hci, kelp powder, papain.

Contains: Milk and Soy.

Does not contain: Wheat, Gluten, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

▼ 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.

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

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

DIRECTIONS: As a dietary supplement, shake or mix one (1) heaping tablespoon or four (4) level teaspoons with your favorite juice.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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 control center immediately.

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Best Before: