

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 *
Ulipase	20 mg *
Lutemax™ 2020 (providing lutein, zeaxanthin)	20 mg *
Lyc-O-Mato® (source of lycopene)	10 mg *

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, DIBASIC CALCIUM PHOSPHATE, 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™ 2020 trademark belongs to
OmniActive Health Technologies Ltd.



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



Lyc-O-Mato® is a registered trademark
of LycorRed Natural Products Limited, Inc.

We Guarantee Our Supplements for Potency and Purity

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

Iron-Free

HEALTHY AGING 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 33%
Magnesium (from magnesium citrate)	50 mg 13%
Zinc (from L-OptiZinc®)	15 mg 100%
Selenium (from L-selenomethionine)	35 mcg 50%
Copper (from copper gluconate)	1 mg 50%
Manganese (from manganese gluconate)	1 mg 50%
Chromium (from picolinate)	60 mcg 50%
Molybdenum (from sodium molybdate)	10 mcg 13%

KEEP OUT OF REACH OF CHILDREN.

VVL 503-60K



3

1998550331

7