

Daily Nutritional Support provides nutrients the body requires for optimal energy and health. Contains ingredients from natural sources and are formulated with a special Superfood/Herbal base (625 mgs. per 6 tablets).*

Suggested Use: Six tablets daily, preferably 2-3 tablets with each meal.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC. Superior, WI 54880 (715) 392-7101

ALTRUM®

Established
1985

Daily Nutritional Support

MULTIVITAMIN, MINERAL, SUPERFOOD SUPPLEMENT

Dietary Supplement 180 Tablets

Supplement Facts

Serving Size: 6 Tablets Servings per Container: 30	Amount per Serving	% Daily Value
Vitamin A (as beta carotene and palmitate)	10000 IU	200%***
Vitamin C (ascorbic acid and acerola cherry)	500 mg	833%***
Vitamin D3 (as cholecalciferol)	400 IU	100%***
Vitamin E (as d-alpha acetate)	100 IU	333%***
Thiamin (as thiamine mononitrate)	22 mg	1467%***
Riboflavin	25 mg	1471%***
Niacin (as niacin and niacinamide)	80 mg	400%***
Vitamin B6 (as pyridoxine HCl)	30 mg	1500%***
Folic Acid	400 mcg	100%***
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%***
Biotin	300mcg	100%***
Pantothenic Acid (as d-calcium pantothenate)	80 mg	800%***
Calcium (as calcium AAC, calcium carbonate, dicalcium phosphate)	305 mg	30%***
Iron (as iron AAC)	18 mg	100%***
Phosphorus (as dicalcium phosphate)	75 mg	8%***
Iodine (from potassium iodine, kelp (Ocean harvested))	300 mcg	200%***
Magnesium (as magnesium oxide, AAC)	200 mg	50%***
Zinc (as zinc AAC)	30 mg	200%***
Selenium (as selenium AAC)	85 mcg	121%***
Copper (as copper AAC)	1 mg	50%***
Manganese (as manganese AAC)	16 mg	800%***
Chromium (as chromium AAC)	120 mcg	100%***
Potassium (as potassium citrate)	90 mg	3%***

Product Code
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	Amount per Serving	% Daily Value
Proprietary Longevity Blend	710 mg	**
Lecithin (from soy), citrus bioflavonoids, choline (from choline bitartrate), inositol, L-glutamic acid, para amino benzoic acid (PABA), rice bran, betaine (as tri-methyl glycine), bromelain, papain, hesperidin complex, rutin, octacosanol (from sugar cane wax).		
Proprietary Superfood-Herbal Blend	625 mg	**
Bee pollen, barley grass, American Ginseng (root), Dandelion (root), Fo-Ti (root), Ginger (root), Gotu kola (herb), Sarsaparilla (root), Alfalfa concentrate (leaf), Parsley (leaf), Peppermint (leaf), Kelp (Ocean harvested).		
Vanadium (as vanadium AAC)	50 mcg	**

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

**Daily Value not established.

Contains soy and milk (Lactose fine powder).

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.

Other ingredients: Microcrystalline Cellulose, Stearic Acid, Di Calcium Phosphate, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide