



30 Day Packs

Life-Pack Women's Formula List No.: T5273

Supplement Facts

Serving Size 1 Packet
Servings Per Container: 30

Each Packet Contains: % Daily Value
One Multiple Vitamin & Mineral Light Orange Tablet Contains:

Vitamin A	3500 IU	70%
(as 71% Acetate & 29% Beta Carotene)		
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phylloquinone)	25 mcg	31%
Thiamin (Vitamin B-1 as Thiamine Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid	10 mg	100%
(as Calcium Pantothenate)		
Calcium	162 mg	16%
(from Calcium Phosphate & Calcium Carbonate)		
Iron (from Ferrous Fumarate)	18 mg	100%
Phosphorus (from Calcium Phosphate)	109 mg	11%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide)	100 mg	25%
Zinc (from Zinc Oxide)	15 mg	100%
Selenium (from Sodium Selenate)	20 mcg	28%
Copper (from Copper Sulfate)	2 mg	100%
Manganese (from Manganese Sulfate)	2 mg	100%
Chromium (from Chromium Chloride)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	75 mcg	100%

Each Packet Contains: % Daily Value
One Calcium, Magnesium, Zinc, Gray Tablet Contains:

Calcium	250 mg	25%
(from Oyster Shell Calcium & Dolomite)		
Magnesium	125 mg	31%
(from Magnesium Oxide & Dolomite)		
Zinc (from Zinc Oxide)	5 mg	33%

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Silica, Hydroxypropyl Methylcellulose, Sodium Lauryl Sulfate, Polyethylene Glycol, Hydroxypropyl Cellulose.

Each Packet Contains: % Daily Value
One B-Stress Yellow Tablet Contains:

Thiamin (Vitamin B-1 as Thiamine Mononitrate)	15 mg	1000%
Riboflavin (Vitamin B-2)	17 mg	1000%
Niacin (as Niacinamide)	200 mg	1000%
Vitamin B-6 (as Pyridoxine HCl)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	60 mcg	1000%
Biotin	300 mcg	100%
Pantothenic Acid	100 mg	1000%
(as Calcium Pantothenate)		
Choline Bitartrate	10 mg	*
Inositol	10 mg	*
PABA (as Para Aminobenzoic Acid)	10 mg	*

Other Ingredients: Calcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Modified Cellulose, Magnesium Stearate, Stearic Acid, Hydroxypropyl Methylcellulose, Silica, Polyethylene Glycol, Hydroxypropyl Cellulose, Alfalfa, Brewers Yeast, Lecithin, Liver, Parsley, Watercress, Methylcellulose.

* Daily Value not established.

Each Packet Contains: % Daily Value

One Multiple Vitamin & Mineral Light Orange Tablet Contains:

Chloride (from Potassium Chloride)	72 mg	2%
Potassium (from Potassium Chloride)	80 mg	2%
Silicon (from Sodium)	2 mg	*
Lycopene	300 mcg	*
Lutein	250 mcg	*
Boron	150 mcg	*
(from Sodium Borate & Potassium Borate)		
Vanadium (from Sodium Metavanadate)	10 mcg	*
Tin (from Stannous Chloride)	10 mcg	*
Nickel (from Nickelous Sulfate)	5 mcg	*

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Malt Dextrin, Ascorbic Acid, Magnesium Stearate, Cellulose, Hydroxypropyl Methylcellulose, Sodium Lauryl Sulfate, Titanium Dioxide, Yellow 6 Lake, Hydroxypropyl Cellulose.

Each Packet Contains: % Daily Value

One Vitamin E Amber Soft Gelatin Capsule Contains:

Vitamin E	200 IU	667%
(as d-Alpha Tocopheryl Acetate)		

Other Ingredients: Gelatin, Glycerin, Soybean Oil.

Each Packet Contains: % Daily Value

One Vitamin C/Rose Hips Off-White Speckled Tablet Contains:

Vitamin C (as Ascorbic Acid)	500 mg	833%
Rose Hip (Berry)	30 mg	*

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Hydroxypropyl Methylcellulose, Silica, Sodium Lauryl Sulfate, Polyethylene Glycol, Hydroxypropyl Cellulose.