

vitabase

Life's Essentials Plus

Formulated to Provide
Food Based Vitamins and Minerals



DIETARY SUPPLEMENT
90 TABLETS

Supplement Facts

Serving Size 3 Tablets

	Amount	% DV
Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha toco. Acetate)	400 IU	1333%
Vitamin K-1 (phytonadione)	100 mcg	125%
Vitamin B-1 (as thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (as riboflavin)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium panto.)	50 mg	500%
Calcium (carbonate/phosphate/citrate)	500 mg	50%
Phosphorus (di-calcium phosphate)	50 mg	5%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide/citrate)	250 mg	63%
Zinc (amino acid chelate)	15 mg	100%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as picolinate/polynicotinate)	200 mcg	167%
Molybdenum (as amino acid chelate)	100 mcg	133%
Potassium (as chloride)	50 mg	1%
Chloride (as potassium chloride)	100 mg	3%
Vegetable Complex (from broccoli, celery, parsley, cauliflower, carrots, spinach, Yams, collard greens, kale & Brussels sprouts)	250 mg	*
Fruit Complex (from oranges, lemons, tangerines, grapefruits and limes)	250 mg	*
Spirulina	250 mg	*
Citrus Bioflavonoids	75 mg	*
Acidophilus (4 billion/gram)	25 mg	*

Soy Isoflavones (40% complex)	25 mg	*
Mushroom Complex (from Shiitake, Reishi and Maltake)	30 mg	*
para-Aminobenzoic acid	50 mg	*
Hesperidin Complex	25 mg	*
Rutin	25 mg	*
Quercetin Dihydrate	5 mg	*
RNA/DNA Complex	10 mg	*
Choline Bitartrate	50 mg	*
Inositol (as hexonicotinate)	50 mg	*
Boron (as amino acid chelate)	3 mg	*
Lutein	1 mg	*
CoEnzyme Q10	10 mg	*
Grape Seed Extract	25 mg	*
Pine Bark (90-95% extract)	25 mg	*
Green Tea Extract	25 mg	*
Barley Grass	30 mg	*
Panax Ginseng (herb powder)	30 mg	*
Siberian Ginseng (herb powder)	30 mg	*
Flax Seed Powder	30 mg	*
Oat Bran (herb powder)	25 mg	*
Digestive Enzyme complex (Betaine Hcl, Papain, Bromelain, Cellulase, Trypsin, Lipase, Amylase)	110 mg	*
Trace Mineral Complex (bentonite clay)	1 mg	*
Proprietary Blend	205 mg	*
Ginkgo Biloba (powder) (24%) 30 mg, Bilberry (5:1 extract) 30 mg, Gotu Kola (powder) 30 mg, Lecithin 25 mg, Yellow Dock (powder) 30 mg, Garlic (powder) 30 mg, Licorice Root (powder) 30 mg and Apple Pectin 15 mg.		*

* %Daily Value not established.

Other Ingredients: Magnesium stearate, stearic acid, and micro-crystalline cellulose. Allergen warning: Contains Soy (Isoflavones).

Suggested Use: As a dietary supplement, take one (1) tablet three (3) times daily with meals.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, prevent or diagnose any disease.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF OUTER SEAL IS DAMAGED OR MISSING.

Formulated for:
Vitabase.com
Monroe, GA 30656