

Also available
in 120 count

Simply 4 Energy™

vitamin & mineral supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size: 4 Vegetarian Tablets
Servings Per Container: 15

Amount Per Serving	% DV†	Amount Per Serving	% DV†
Vitamin A (100% from natural beta-carotene).....	5,000 IU.....100	Molybdenum (from molybdenum amino acid chelate) 75 mcg.....	100
Vitamin C (from magnesium and calcium ascorbates) ...	250 mg.....416	Potassium (from potassium citrate).....	99 mg.....2
Vitamin D2 (ergocalciferol).....	1,000 IU.....250		
Vitamin E (natural d, alpha-tocopheryl succinate).....	60 IU.....200	Hawaiian Spirulina (Spirulina platensis).....	300 mg.....*
Vitamin K2 (menaquinone).....	10 mcg.....12	All Organic Berry Blend.....	100 mg.....*
Thiamin (from thiamin HCl).....	100 mg.....6,666	(contains acai, camu camu, goji, mangosteen and maqui)	
Riboflavin.....	100 mg.....5,882	All Organic Vegetable Blend.....	100 mg.....*
Niacin/Niacinamide.....	100 mg.....500	(contains broccoli, broccoli sprouts, tomato, carrot, spinach, and kale)	
Vitamin B6 (from pyridoxine HCl).....	100 mg.....5,000	Enzyme Blend.....	100 mg.....*
Folic Acid.....	800 mcg.....200	(contains alpha-amylase, bromelain, acid stable protease, and lipase)	
Vitamin B12 (as methylcobalamin).....	100 mcg.....1,666	Green Tea Extract (from Camellia sinensis).....	50 mg.....*
Biotin.....	1,000 mcg.....333	(standardized to 50% polyphenols and 15% epigallocatechin gallate (EGCG))	
Pantothenic Acid (from d-calcium pantothenate).....	100 mg.....1,000	Ginger Root (Zingiber officinale).....	30 mg.....*
Calcium (from calcium citrate and calcium ascorbate) ...	100 mg.....10	Bilberry Fruit Extract (from Vaccinium myrtillus).....	25 mg.....*
Iodine (from Laminaria spp. kelp).....	200 mcg.....133	(standardized to 25% anthocyanosides)	
Magnesium.....	100 mg.....25	Hawthorne Berry Standardized Extract.....	25 mg.....*
(from magnesium ascorbate and magnesium citrate)		(Crataegus laevigata, standardized to 5% hyperoside flavonoids)	
Zinc (from L-zinc methionine).....	15 mg.....100	Coenzyme Q10.....	5 mg.....*
Selenium (from L-selenomethionine).....	70 mcg.....100	Lutein (natural).....	5 mg.....*
Copper (from copper amino acid chelate).....	1 mg.....50		
Manganese (from manganese amino acid chelate).....	2 mg.....100		
Chromium (from GTF chromium polynicotinate).....	120 mcg.....100		

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Cellulose, vegetable stearate, silicon dioxide, and chlorophyll.

NO corn, salt, yeast, wheat, milk & egg products, artificial flavors, colors, or preservatives.

Recommended serving is two to four tablets daily, as a dietary supplement. Can be taken as two tablets morning and two in afternoon if desired or as recommended by health care practitioner.

PR 631

