

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

SUGGESTED USE: As a dietary supplement, take three (3) capsules daily with a meal, or as directed by a healthcare professional.

WARNING: Consult your healthcare professional before taking this product if you are pregnant.

Supplement Facts

Serving Size: Three (3) Capsules
Servings Per Container: 30

Amount Per Serving:	% Daily Value*
Vitamin A (from palmolein)	5,000 IU 100%
Vitamin C (from ascorbic acid)	300 mg 500%
Vitamin D (from cholecalciferol)	400 IU 100%
Vitamin E (from d-alpha-tocopheryl acetate)	100 IU 333%
Thiamin (Vitamin B-1, from thiamin hydrochloride)	50 mg 3333%
Riboflavin (Vitamin B-2)	80 mg 4700%
Niacin (Vitamin B-3, from inositol hexanicolinate)	80 mg 400%
Vitamin B-6 (from pyridoxine hydrochloride)	80 mg 4000%
Folic Acid	400 mcg 100%
Vitamin B-12 (from methylcobalamin)	60 mcg 1000%
Biotin (from d-biotin)	300 mcg 100%
Pantothenic Acid (Vitamin B-5, calcium pantothenate)	80 mg 800%
Calcium (from calcium citrate and d-calcium phosphate)	120 mg 12%
Iodine (from kelp)	150 mcg 100%
Magnesium (from magnesium citrate and magnesium oxide)	40 mg 10%
Zinc (from zinc amino acid chelate)	20 mg 133%
Selenium (from L-selenomethionine)	50 mcg 71%
Manganese (from manganese amino acid chelate)	2 mg 100%
Chromium (from chromium picolinate)	120 mcg 100%
Molybdenum (from molybdenum amino acid chelate)	75 mcg 100%
Potassium (from potassium amino acid chelate)	7 mg 0%
Choline Bitartrate	50 mg †
Inositol	50 mg †
Grape Skin Extract	50 mg †
Para-Aminobenzoic Acid (PABA)	50 mg †



Since 1992



Vegetarian Formulation
Multi-Vitamin/Mineral Supplement

VITA-VITAMIN

EASY-TO-SWALLOW CAPSULES

*Contains Alpha Lipoic Acid, Coenzyme Q10,
Lutein, Lycopene and Vanadium*
90 Capsules / Dietary Supplement

OLYMPIAN LABS INCORPORATED

Supplement Facts Continued

Amount Per Serving:	% Daily Value*
Betaine HCl	30 mg †
Citrus Bioflavonoid Complex	30 mg †
Psyllium	30 mg †
Alpha Lipoic Acid	10 mg †
Coenzyme-Q10	10 mg †
Hypericin	5 mg †
Lycopene (100 mg yielding 5 mg pure lycopene)	5 mg †
Lutein/Zeaxanthin	5 mg †
Boron (from boron amino acid chelate)	100 mcg †
Vanadium (from vanadium amino acid chelate NGCV complex)	5 mcg †
Proprietary Herbal Blend	5 mg †
Barley Grass Powder, Echinacea Purpurea (herb), Goldenrod Root Powder, Lecithin - Ultra LECI-P, Parsley (herb), Pau D'Arco (herb), Rice Bran and Watercress (herb)	

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Rice Flour, Magnesium Stearate, and Silica.

NOTICE TO CALIFORNIA RESIDENTS

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

This formula only contains high grade Vitamin A and does not contain Beta carotene because it interferes with the absorption of Lutein. Independent studies suggest that Lutein promotes eye health and should not be taken with Beta carotene.*

Manufactured by: OLYMPIAN LABS INCORPORATED
P.O. Box 12481 Scottsdale, AZ 85267
1-800-473-6863 www.olympiianlabs.com Made in USA



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