

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: 60

Amount Per Serving:		% Daily Value*
Vitamin A (from palmitate)	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	4706%
Niacin (Vitamin B-3, from inositol hexaniotinate)	80 mg	400%
Vitamin B-6 (from pyridoxine hydrochloride)	80 mg	4000%
Folic Acid	3400 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 & di-calcium phosphate)	120 mg	12%
Iodine (from kelp)	150 mcg	100%
Magnesium (from magnesium citrate & 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	↑
Betaine HCl	30 mg	↑
Citrus Bioflavonoid Complex	30 mg	↑
Rutin	30 mg	↑



Vegetarian Formulation
Multi-Vitamin/Mineral Supplement

VITA-VITAMIN

EASY-TO-SWALLOW CAPSULES

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

OLYMPIAN LABS INCORPORATED

Supplement Facts Continued

Amount Per Serving:		% Daily Value*
Alpha Lipoic Acid	10 mg	↑
CoEnzyme-Q10	10 mg	↑
Hesperidin	5 mg	↑
Lycopene (100 mg yielding 5 mg pure lycopene)	5 mg	↑
Lutein/Zeaxanthin	3 mg	↑
Boron (from boron amino acid chelate)	100 mcg	↑
Vanadium (from vanadium amino acid chelate BGV complex)	5 mcg	↑
Proprietary Herbal Blend	5 mg	↑
Barley Grass Powder, Echinacea Purpurea (herb), Goldenseal Root Powder, Lecithin - Ultra LECI-P, Parsley (leaves), 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 (Plant Fiber), Rice Flour, Ascorbyl Palmitate, and Silica.

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."

"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."



FloraGLO® Lutein is a registered trademark of Kemin Foods, Inc.

NOTICE TO CALIFORNIA RESIDENTS

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



Chromax® (Chromium Picolinate) is licensed under U.S. Patent Nos. 5,087,823; 5,087,824 and 5,175,158.

Manufactured by: OLYMPIAN LABS INC.
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Made in USA

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

