

# LIQUID MULTI-VITAMIN

## Supplement Facts

Serving Size: 2 Liquid Filled Capsules

| Amount Per Serving  |                | % Daily Value |
|---|----------------|---------------|
| Vitamin A (as beta-carotene)  | 750 mcg        | 83%           |
| Vitamin C (as ascorbic acid)  | 60 mg          | 67%           |
| Vitamin D-3 (as cholecalciferol)  | 25 mcg         | 125%          |
| Vitamin E (as d-Alpha tocopheryl acetate)   | 10 mg          | 67%           |
| Thiamin (as thiamine mononitrate)   | 25 mg          | 2083%         |
| Riboflavin  | 25 mg          | 1923%         |
| Niacin (as niacinamide)   | 25 mg          | 156%          |
| Vitamin B-6 (as pyridoxine HCl)   | 25 mg          | 1471%         |
| Folate<br>(200 mcg folic acid)  | 335 mcg<br>DFE | 83%           |
| Vitamin B-12 (as cyanocobalamin)  | 250 mcg        | 10,417%       |
| Biotin  | 500 mcg        | 1667%         |
| Pantothenic Acid (as d-calcium pantothenate)  | 25 mg          | 500%          |
| Choline (as choline bitartrate)   | 2 mg           | <1%           |
| Calcium (as calcium carbonate)  | 25 mg          | 2%            |
| Iron (as ferrous fumarate)  | 9 mg           | 50%           |
| Iodine (from kelp)  | 75 mcg         | 50%           |
| Magnesium (as magnesium oxide)  | 12.5 mg        | 3%            |
| Zinc (as zinc citrate)  | 7.5 mg         | 68%           |
| Selenium (from selenium yeast)  | 12.5 mcg       | 23%           |
| Copper (as copper gluconate)  | 1 mg           | 111%          |
| Manganese (as manganese sulfate)  | 1 mg           | 44%           |
| Chromium (as chromium picolinate)   | 100 mcg        | 286%          |
| Potassium (as potassium citrate)  | 16 mg          | <1%           |
| Citrus Bioflavonoids 50% Complex  | 5 mg           | *             |
| Coenzyme Q10 (natural ubiquinone)   | 50 mcg         | *             |
| Inositol  | 5 mg           | *             |
| Rutin   | 5 mg           | *             |
| <i>Panax ginseng</i> Root Powder  | 5 mg           | *             |
| Boron (as boron citrate / aspartate / glycinate complex)  | 500 mcg        | *             |
| 42 Fruit and Vegetable Proprietary Blend<br>Consisting of: Blueberry Fruit, Cranberry Fruit, Grape Seed, Strawberry Fruit,<br>Raspberry Fruit, Pomegranate Fruit, Bilberry Fruit, Alfalfa Leaf, Carrot Root, Beet<br>Root, Broccoli (floret & stalk), Acai Fruit ( <i>Euterpe oleracea</i> ), Chokeberry Fruit, Apple<br>(fruit), Apple Pectin Fruit, Maqui Berry ( <i>Aristotelia chilensis</i> ), Grape Skin, Black<br>Cherry Fruit, Tomato Fruit, Barley (aerial part), Celery Seed, Chlorella, Black Currant<br>Fruit, Artichoke Leaf, Mango Fruit, Pineapple Fruit, Spirulina, Dandelion Root, Wheat | 5 mg           | *             |

# LIQUID MULTI-VITAMIN

Grass Leaf, Green Tea Leaf, Milk Thistle Seed, *Eleutherococcus senticosus* Root, Ashitaba Leaf, Bing Cherry Fruit, Elderberry Fruit, Goji Berry (*Lycium barbarum*), Grapefruit Fruit, Mangosteen Fruit, Spinach Leaf, Tart Cherry Skin, Papaya Fruit and Asian Pear (*Pyrus pyrifolia*).

\* Daily Value not established.

Other ingredients: Rice bran oil, gelatin (bovine), and chlorophyll.

ALLERGEN WARNING: CONTAINS CRUSTACEAN SHELLFISH (KELP).

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

SUGGESTED USE: 2 Liquid filled capsules taken 1 to 2 times daily with meals or as directed by a healthcare professional.

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. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.