

Other Ingredients: Cellulose, vegetable stearin, food glaze, magnesium vegetable stearate, silica, dicalcium phosphate.

Contains No sugar, salt, dairy, yeast, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, take three (3) tablets daily preferably with meals. 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.

KEEP OUT OF REACH OF CHILDREN.

** From ChromeMate® *** From L-OptiZinc®
L-OptiZinc®, ChromeMate® & logos are trademarks of Lonza or its affiliates.

Life Essentials

Multi-Vitamin and Mineral
with Food Concentrates

Dietary Supplement
90 Vegetarian Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets
Servings Per Container 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as beta carotene)	7,200 mcg (12,000 IU)	800%	Inositol	25 mg
Vitamin C (as ascorbic acid)	1,000 mg	1,111%	FABA†	25 mg
Vitamin D3	10 mcg (400 IU)	50%	Citrus Bioflavonoids	100 mg
Vitamin E (as d-alpha)	200 mg	1,333%	Quercetin Dihydrate	25 mg
Vitamin B-1 (as thiamine HCl)	25 mg	2,083%	Rutin	25 mg
Vitamin B-2 (as riboflavin)	25 mg	1,923%	Hesperidin	10 mg
Niacin (as niacin, niacinamide)	25 mg	156%	Boron (from chelate)	1 mg
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%	Silicon (from silicon dioxide)	5 mg
Folate (667 mcg DFE (400 mcg folic acid))	667 mcg DFE (400 mcg folic acid)	167%	L-Glutathione (reduced)	5 mg
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,417%	Bee Pollen	100 mg
Biotin	50 mcg	167%	Eleutherococcus Root	50 mg
Pantothenic Acid	25 mg	500%	Garlic	10 mg
Choline (from choline bitartrate)	50 mg	9%	Biomelan (2400 GDU/g)	20 mg
Calcium (from chelate)	200 mg	15%	Betaine HCl	20 mg
Iron (from iron chelate)	5 mg	28%	Papain	20 mg
Iodine (from kelp)	150 mcg	100%	Amylase	5 mg
Magnesium (from chelate)	100 mg	24%	Lipase	5 mg
Zinc (from methionine)**	10 mg	91%	Cellulase	2.5 mg
Selenium (as methionine)	25 mcg	45%	L-acidophilus	2 mg
Copper (from citrate)	0.5 mg	56%	Oat Bran	25 mg
Manganese (from chelate)	4 mg	174%	Apple Pectin	25 mg
Chromium (from polynicotinate)**	50 mcg	143%	Dandelion root	12 mg
Molybdenum (from chelate)	50 mcg	111%	Barberry	12 mg
Potassium (from chelate)	50 mg	1%	Gentian root	12 mg
			Ginger root	12 mg
			Cayenne	12 mg
			Components found in Whole Food PhytoAlgae & Greens Blend	
			Greens Blend	16 mg
			Chlorophyll	17 mg
			Carotenoids	

*Daily Value (DV) not established.

Quality
— AND —
Potency
GUARANTEED

1143

T003



†para-aminobenzoic acid