

**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.**

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# Life Essentials

Multi-Vitamin and Mineral  
with Food Concentrates

Dietary Supplement  
180 Vegetarian Tablets

## SUPPLEMENT FACTS

Serving Size 3 Tablets  
Servings Per Container 60

|                                                 | Amount Per Serving               | %DV     | Amount Per Serving                                       | %DV            |      |
|-------------------------------------------------|----------------------------------|---------|----------------------------------------------------------|----------------|------|
| Vitamin A (as beta carotene)                    | 3,600 mcg (12,000 IU)            | 400%    | Bee Pollen                                               | 100 mg         |      |
| Vitamin C (as ascorbic acid)                    | 1,000 mg                         | 1,111%  | Citrus Bioflavonoids                                     | 100 mg         |      |
| Vitamin D3                                      | 10 mcg (400 IU)                  | 50%     | Eleutherococcus Root                                     | 50 mg          |      |
| Vitamin E (as d-alpha)                          | 200 mg                           | 1,333%  | Apple Pectin                                             | 25 mg          |      |
| Vitamin B-1 as (thiamine HCl)                   | 25 mg                            | 2,083%  | Inositol                                                 | 25 mg          |      |
| Vitamin B-2 (as riboflavin)                     | 25 mg                            | 1,923%  | Oat Bran                                                 | 25 mg          |      |
| Niacin (as niacin, niacinamide)                 | 25 mg                            | 156%    | Para-aminobenzoic acid (PABA)                            | 25 mg          |      |
| Vitamin B-6 (as pyridoxine HCl)                 | 25 mg                            | 1,471%  | Quercetin Dihydrate                                      | 25 mg          |      |
| Folate (400 mcg folic acid)                     | 680 mcg DFE (400 mcg folic acid) | 170%    | Rutin                                                    | 25 mg          |      |
| Vitamin B-12 (as cyanocobalamin)                | 250 mcg                          | 10,417% | Betaine HCl                                              | 20 mg          |      |
| Biotin                                          | 50 mcg                           | 167%    | Bromelain (2400 GDU/g)                                   | 20 mg          |      |
| Pantothenic Acid                                | 25 mg                            | 500%    | Papain                                                   | 20 mg          |      |
| Choline (from choline bitartrate)               | 50 mg                            | 9%      | Barberry                                                 | 12 mg          |      |
| Calcium (from chelate)                          | 200 mg                           | 15%     | Cayenne                                                  | 12 mg          |      |
| Iron (from iron chelate)                        | 5 mg                             | 28%     | Dandelion root                                           | 12 mg          |      |
| Iodine (from kelp)                              | 150 mcg                          | 100%    | Gentian root                                             | 12 mg          |      |
| Magnesium (from chelate)                        | 100 mg                           | 24%     | Ginger root                                              | 12 mg          |      |
| Zinc (from methionine)***                       | 10 mg                            | 91%     | Garlic                                                   | 10 mg          |      |
| Selenium (as methionine)                        | 25 mcg                           | 45%     | Hesperidin                                               | 10 mg          |      |
| Copper (from citrate)                           | 0.5 mg                           | 56%     | Amylase                                                  | 5 mg           |      |
| Manganese (from chelate)                        | 4 mg                             | 174%    | Lipase                                                   | 5 mg           |      |
| Chromium (from polynicotinate)**                | 50 mcg                           | 143%    | L-Glutathione (reduced)                                  | 5 mg           |      |
| Molybdenum (from chelate)                       | 50 mcg                           | 111%    | Silicon (from silicon dioxide)                           | 5 mg           |      |
| Potassium (from chelate)                        | 50 mg                            | 1%      | Cellulase                                                | 2.5 mg         |      |
| <b>Whole Food PhytoAlgae &amp; Greens Blend</b> |                                  |         |                                                          | L-actidophilus | 2 mg |
| Spirulina                                       | 1,020 mg                         | *       | Boron (from chelate)                                     | 1 mg           |      |
| Wheat Grass Juice                               | 100 mg                           | *       | Components found in Whole Food PhytoAlgae & Greens Blend |                |      |
| Chlorella (broken cell wall)                    | 50 mg                            | *       | Carotenoids                                              | 17 mg          |      |
| Sprouted Barley Powder                          | 50 mg                            | *       | Chlorophyll                                              | 16 mg          |      |
| Klamath Lake Algae                              | 10 mg                            | *       | *Daily Value (DV) not established.                       |                |      |

