

Other Ingredients: Cellulose, modified cellulose gum, stearic acid, silica, magnesium stearate and dicalcium phosphate. Contains soy.

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

Directions: As a dietary supplement, take three (3) tablets daily preferably with meals. Store in a cool dry place.

KEEP OUT OF REACH OF CHILDREN.

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.

Life Essentials

Multi-Vitamin and Mineral
with Food Concentrates

Dietary Supplement
60 Vegetarian Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (beta carotene)	12,000 IU	240%	Inositol	25 mg *
Vitamin C (cal. ascorbate)	1000 mg	1667%	PABA	25 mg *
Vitamin D	400 IU	100%	Citrus Bioflavonoids	100 mg *
Vitamin E (as d-alpha)	250 IU	833%	Quercetin	25 mg *
Vitamin B-1 (thiamine HCl)	25 mg	1,667%	Rutin	25 mg *
Vitamin B-2 (as riboflavin)	25 mg	1,470%	Hesperidin	10 mg *
Niacin (niacin, niacinamide)	25 mg	125%	Boron ^	1 mg *
Vitamin B-6 (pyridoxine HCl)	25 mg	1,250%	Silicon	5 mg *
Folic Acid	400 mcg	100%	L-Glutathione (reduced)	5 mg *
Vitamin B-12 (cobalamin)	250 mcg	4,167%	Bee Pollen	100 mg *
Biotin	50 mcg	17%	Eleutherococcus Root	50 mg *
Pantothenic Acid	25 mg	250%	Garlic	10 mg *
Calcium ^	200 mg	20%	Bromelain (2400 GDU/g)	20 mg *
Iron ^	5 mg	28%	Betaine HCl	20 mg *
Iodine (from Kelp)	150 mcg	100%	Papain	20 mg *
Magnesium ^	100 mg	25%	Amylase	5 mg *
Zinc (as methionine)***	10 mg	67%	Lipase	5 mg *
Selenium (as methionine)	25 mcg	36%	Cellulase	2.5 mg *
Copper ^	500 mcg	25%	L- acidophilus	20 mg *
Manganese ^	4 mg	200%	Oat Bran	25 mg *
Chromium (as nicotinate)**	50 mcg	42%	Apple Pectin	25 mg *
Molybdenum (A.A. chelate, aspartate)	50 mcg	67%	Dandelion root	12 mg *
Potassium ^	50 mg	1%	Barberry	12 mg *
Spirulina	900 mg	*	Gentian root	12 mg *
Klamath Lake Algae	100 mg	*	Cayenne	12 mg *
Wheat Sprout Concentrate	100 mg	*	Components found in whole foods	
Wheat Grass Juice	50 mg	*	RNA & DNA	*
Sprouted Barley Juice	50 mg	*	Chlorophyll	*
Chlorella (broken cell wall)	50 mg	*	Carotenoids	*
Choline Bitartrate	50 mg	*	*Daily Value not established. ** L-OptiZinc®	
			^ (citrate, aspartate, glycinate)	