

LIFE ESSENTIALS

Multi-Vitamin and Mineral with
Whole Food Concentrates

Dietary Supplement

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV			
Vitamin A (beta carotene)	12,000 iu	240	Molybdenum (A.A. chelate, aspartate)	50 mcg	67	Bromelain (2400 GDU/g)	20 mg	*
Vitamin C (cal. ascorbate)	1000 mg	1667	Potassium ^	50 mg	1	Betaine HCL	20 mg	*
Vitamin D	400 iu	100	Spirulina	900 mg	*	Papain	20 mg	*
Vitamin E (as d-alpha)	250 iu	833	Klamath Lake Algae	100 mg	*	Amylase	5 mg	*
Vitamin B-1 (thiamine HCl)	25 mg	1667	Wheat Sprout Concentrate	100 mg	*	Lipase	5 mg	*
Vitamin B-2 (as riboflavin)	25 mg	1470	Wheat Grass Juice	50 mg	*	Cellulase	2.5 mg	*
Niacin (niacin, niacinamide)	25 mg	125	Sprouted Barley Juice	50 mg	*	<i>L. acidophilus</i>	20 mg	*
Vitamin B-6 (pyridoxine HCl)	25 mg	1250	Chlorella (broken cell wall)	50 mg	*	Oat Bran	25 mg	*
Folic Acid	400 mcg	100	Choline Bitartrate	50 mg	*	Apple Pectin	25 mg	*
Vitamin B-12 (cobalamin)	250 mcg	4167	Inositol	25 mg	*	Dandelion root	12 mg	*
Biotin	50 mcg	17	PABA	25 mg	*	Barberry	12 mg	*
Pantothenic Acid	25 mg	250	Citrus Bioflavonoids	100 mg	*	Gentian root	12 mg	*
Calcium ^	200 mg	20	Quercetin	25 mg	*	Ginger root	12 mg	*
Iron ^	5 mg	28	Rutin	25 mg	*	Cayenne	12 mg	*
Iodine (from Kelp)	150 mcg	100	Hesperidin	10 mg	*	Components found in whole foods		
Magnesium ^	100 mg	25	Boron ^	1 mg	*	RNA & DNA	*	
Zinc (as methionine)***	10 mg	67	Silicon	5 mg	*	Chlorophyll	*	
Selenium (as methionine)	25 mcg	36	L-Glutathione (reduced)	5 mg	*	Carotenoids	*	
Copper ^	500 mcg	25	Bee Pollen	100 mg	*	*Daily Value not established.		
Manganese ^	4 mg	200	Eleutherococcus Root	50 mg	*	** ChromeMate *** L-OptiZinc		
Chromium (as nicotinate)**	50 mcg	42	Garlic	10 mg	*	^ (citrate, aspartate, glycinate)		

Other Ingredients: May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, modified cellulose gum, dicalcium phosphate, silica and food glaze. 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.

QUALITY AND POTENCY GUARANTEED.