

Premium Nutrition™ Multi-Life™ capsules

Supplement Facts:

Serving Size 3 capsules

	Amount per serving	% Daily Values
Vitamin A	3000IU	60%
Vitamin C (Potassium, Magnesium, Manganese and Zinc Ascorbates)	282mg	470%
Calcium (LifeCal™ Blend: Citrate HydroxyCal™ (1) nutrients, AminoBond™ (2) protein, Succinate, Lysinate), Pantothenate and Ascorbate	155mg	16%
Iron (Glycinate)	2.5mg	14%
Vitamin D (Ergocalciferol)	63IU	16%
Vitamin E (d-alpha tocopherol succinate plus mixed tocopherols)	180IU	600%
Thiamine	12mg	800%
Riboflavin (Riboflavin 5'-Phosphate)	15.6mg	918%
Niacin** (Niacinamide, Niacin)	90mg	450%
Vitamin B6 (Pyridoxal 5'-Phosphate)	12.9mg	645%
Folate (Folic Acid)	275mcg	69%
Vitamin B12	63mcg	1050%
Biotin	96mcg	32%
Pantothenic Acid (Calcium Pantothenate)	60mg	600%
Phosphorous (Hydroxycal™ (1) nutrients, Vitamin B6, Riboflavin)	24mg	2.4%
Iodine (Kelp)***	134mcg	89%
Magnesium (LifeMag™ Blend: Citrate, AminoBond™(2) protein, Lysinate, Aspartate) and Ascorbate	170mg	43%
Zinc (Lysinate, Ascorbate)	12.9mg	86%
Selenium (selenomethionine)	17mcg	24%
Manganese (Ascorbate)	4.5mg	225%
Chromium (Glycinate)	45mcg	38%
Potassium (Ascorbate, Aspartate)	49mg	****
Bioflavonoids (Lemon) (Concentrated)	38mg	*
Choline (Citrate)	48mg	*
PABA	38mg	*
Inositol	38mg	*

* Daily Value not established. ** Beneficial Niacin flush may occur.

*** Source of additional trace minerals. **** Contains less than 2% Daily Value for Potassium. (1) Specially prepared microcristalline hydroxyapatite. (2) Specially prepared rice protein chelate (70% protein)

Other Ingredient: Gelatin (capsule)