

DIRECTIONS:

Adults take one tablet daily, preferably with food or as directed by your doctor.

Benefits: All adults should take one multivitamin daily to help reduce the risk of chronic diseases, like heart disease, cancer, and osteoporosis.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT EXCEED RECOMMENDED DOSE. DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



GMP STANDARD



Produced for:
PCLQ Europe-Sweden,
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HUMAN essentials

A thru Z

Complete Multivitamin & Mineral Supplement

+ Lutein & Lycopene



Dietary Supplement
90 Tablets

Supplement Facts

Serving Size: 1 Tablet • Servings Per Container 90

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (40% as Beta Carotene)	2500 IU 50%	Magnesium	50 mg 13%
Vitamin C	60 mg 100%	Zinc	11 mg 73%
Vitamin D	500 IU 125%	Selenium	55 mcg 79%
Vitamin E	50 IU 100%	Copper	.5 mg 25%
Vitamin K	30 mcg 38%	Manganese	2.3 mg 115%
Thiamin (B1)	1.5 mg 100%	Chromium	45 mcg 38%
Riboflavin (B2)	1.7 mg 100%	Molybdenum	45 mcg 60%
Niacin (B3)	20 mg 100%	Chloride	72 mg 2%
Vitamin B6	3 mg 150%	Potassium	80 mg 2%
Folate, Folic Acid, Folacin	400 mcg 100%	Nickel	5 mcg **
Vitamin B12	25 mcg 417%	Silicon	2 mg **
Biotin	30 mcg 10%	Vanadium	10 mcg **
Pantothenic acid	10 mg 100%	Boron	150 mcg **
Calcium	220 mg 22%	Lutein	250 mcg **
Phosphorus	20 mg 2%	Lycopene	300 mcg **
Iodine	150 mcg 100%		

**Daily Value not established

Ingredients: Vitamin A Acetate, Asorbic Acid (Vit. C), D3 Cholecalciferol, dl-Alpha Tocopheryl Acetate, Phytonadione, Thiamin Mononitrate, Vitamin B-2, Niacinamide, Pyridoxine Hydrochloride, s-Calcium Pantothenate, Calcium Carbonate, Dicalcium Phosphate, Potassium Iodide, Magnesium Oxide, Zinc Oxide, Sodium Selenate, Cupric Sulfate, Manganese Sulfate, Chromium Picolinate, Sodium Molybdate, Potassium Chloride, Boric Acid, Sodium Borate, Nickel Sulfate, Silicon Dioxide, Sodium Metavanadate.
Other Ingredients: Vegetable Cellulose, Gelatin. **Contains <2% of:** Crospovidone, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.