

Supplement Facts

Serving Size: 4 Tablets

Suggested Use: Four tablets daily (two with breakfast, one each with lunch and dinner)

Ingredient	Amount Per Serving	% DV
A (natural beta carotene)	15000 IU	300
D (ergocalciferol)	400 IU	100
E (d-alpha tocopherol)	400 IU	1333
K (phyloquinone)	40 mcg	50
C (calcium ascorbate)	1000 mg	1667
B-1 (thiamine)	45 mg	3000
B-2 (riboflavin)	51 mg	3000
B-3 (niacinamide, niacin)	100 mg	500
B-5 (ca. pantothenate)	150 mg	1500
B-6 (pyridoxine HCL)	60mg	3000
Folate (folic acid)	800 mcg	200
Biotin (d-biotin)	300 mcg	100
B-12 (methylcobalamin)	200 mcg	3333
Calcium (ascorbate, citrate)	350 mg	35
Magnesium (oxide, malate)	400 mg	100
Manganese (citrate)	3 mg	150
Potassium (glycinate)	49 mg	**
Zinc (malate)	25 mg	167
Iodine (kelp)	150 mcg	100
Chromium (niacinate)	200 mcg	166
Selenium (l-selenomethionine)	200 mcg	285
Copper (glycinate)	2 mg	100
Molybdenum (glycinate)	50 mcg	65

Minerals: Boron (glycinate); 3 mg, vanadium (glycinate), 25 mcg; silica (horsetail) 1000 mcg; 78 trace minerals. An average of less than 1 mg of naturally occurring iron is present in Life Essence's food base.

Bioflavonoids: Hesperidin, 100mg; quercetin, rutin, 25 mg each; naringen, eriocitin, 1 mg each.

Superfoods: Spirulina, 1000 mg. blend of barley, kamut, oat and wheat grass juice powders, (100% gluten free), (33:1), 90 mg (equals 2970 mg); Norwegian Kelp, 38 mg.

Plant Enzymes: Protease, amylase, lactase, lipase, cellulase, maltase, sucrase, 33mg

Herbal Extracts: Ginkgo Biloba (28%, 8%), 120 mg; codonopsis (10:1), 30 mg; lycii berries (12:1), 30 mg; Schizandra (10:1), 30 mg poria cocos (8:1), 25 mg; astragalus (12:1), 25 mg; American Ginseng (12:1), 25 mg; eleuthero (50:1), 25 mg; he-shou-wu (16:1), 19 mg; prepared rehmannia (16:1), 13 mg; zizyphus seed (18:1), 11 mg; aged citrus peel (4:1), 25 mg.

Co-Nutrients: Choline bitartrate, 150 mg; inositol, 25 mg; chlorophyll, 6 mg; mixed carotenoids, 4 mg; octacosanol, 300 mcg; mixed tocopherols, 38 mg; RNA, 20 mg; DNA, 6 mg.

Anti-Oxidants: Grape seed extract (95% anthrocyanadins), 23 mg; alpha Lipoic Acid, 10 mg; L-cysteine, 50 mg; MSM, 50 mg.

PhytoNutrients: Life Essence's foods and herbs yield hundreds of valuable phyto-nutrient compounds.

Other Ingredients: Cellulose, Stearic Acid, Silicon Dioxide, Croscarmellose Sodium, Magnesium Stearate.

**** less than 2%**

Storage: Keep tightly sealed in a dry place. **Caution:** Please keep all supplements out of children's reach. This product contains ginkgo biloba. Those on blood thinning medications should have their blood monitored while using it.