



# It's Vital

Advanced Formula Daily Multi-Vitamin, Mineral, Antioxidant, and Phytonutrient Supplement

## Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 30

	Amount per Serving	%DV
Vitamin A (from fish liver oil & 85% as beta-carotene from red palm)	6,700 IU	130%
Vitamin C (as ascorbic acid, potassium ascorbate & calcium ascorbate)	350 mg	580%
Vitamin D (as cholecalciferol)	200 mg	50%
Vitamin E (as d-alpha-tocopheryl succinate & mixed tocopherols)	95 IU	320%
Vitamin K (as phyloquinone)	50 mcg	60%
Thiamin (as thiamin HCl)	12 mg	800%
Riboflavin (as riboflavin & riboflavin 5'-phosphate)	12 mg	710%
Niacin (as inositol hexanicotinate & nicotinic acid)	53 mg	270%
Vitamin B6 (as pyridoxine HCl & pyridoxal 5'-phosphate)	15 mg	750%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	150 mcg	2,500%
Biotin	150 mcg	50%
Pantothenic Acid (as D-calcium pantothenate & pantethine)	53 mg	530%
Calcium (as calcium carbonate, coral calcium, calcium citrate & calcium amino acid chelate)	500 mg	50%
Iodine (from kelp)	86 mcg	60%
Magnesium (as magnesium oxide, magnesium citrate, magnesium amino acid chelate & magnesium aspartate)	200 mg	50%
Zinc (as zinc monomethionine)	12 mg	80%
Selenium (as L-selenomethionine)	101 mcg	140%
Copper (as copper amino acid chelate)	0.75 mg	40%
Manganese (as manganese amino acid chelate)	1.95 mg	100%
Chromium (as chromium polynicotinate & chromium amino acid chelate)	101 mcg	80%
Molybdenum (as molybdenum amino acid chelate)	60 mcg	80%
Choline (as choline bitartrate)	25.5 mg	*
Inositol	25.5 mg	*
PABA (para-aminobenzoic acid)	12 mg	*
Boron (as boron amino acid chelate)	0.5 mg	*
Vanadium (as vanadyl sulfate)	19.5 mcg	*
Coenzyme Q10	1 mg	*
Alpha-lipoic Acid	7.5 mg	*
Lycopene Concentrate 10%	3 mg	*
Standardized Bilberry Fruit Extract (providing 2.5 mg of anthocyanidins)	15 mg	*
Standardized Milk Thistle Seed Extract (providing 13 mg of silymarin)	25.5 mg	*
Standardized Grape Seed Extract (providing 3.2 mg of proanthocyanidins)	4.95 mg	*
Lutein	3 mg	*
Standardized Turmeric Root Extract	25.5 mg	*
Black Pepper Extract	2.5 mg	*
Aloe Vera Leaf 200:1 Gel Concentrate	3.45 mg	*
Proprietary blend	525 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silica, magnesium stearate and pharmaceutical glaze.

Contains: **Wheat and fish (menhaden)**

### Adult Directions:

Take up to a maximum of 3 tablets, 2 times a day with meals with sufficient liquid for swallowing - or you may take fewer tablets, as directed by your health care practitioner. From 1 to 6 tablets may be consumed daily, depending on an individual's dietary needs.

Not for pregnant or nursing women. Not for children under 14 years of age.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.