% Daily Value

No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Soy, No Dairy.

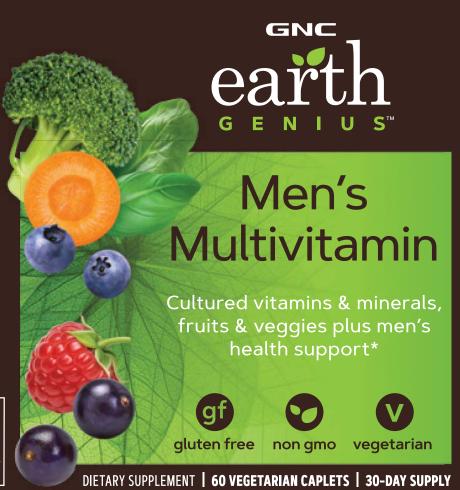
warning: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition.

Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. This product contains EGCGs from green tea. Niacin may cause a temporary flushing reaction.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA

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



CODE 219111
DIRECTIONS: As a dietary supplement, take two caplets daily with food.

## **Supplement Facts**

Serving Size Two Caplets/Servings Per Container 30

Amount Per Serving	% Da	aily Value
Vitamin A	1500 mcg.	167%
Vitamin C	60 mg .	67%
Vitamin D		
Vitamin E		
Vitamin K		
Thiamin (Vitamin B-1)	5 mg .	417%
Riboflavin (Vitamin B-2)	5 mg .	385%
Niacin	25 mg.	156%
Vitamin B-6	25 mg.	1471%
Folate667 mcg DFE (	400 mcg Folic Acid).	167%
Vitamin B-12	150 mcg .	6250%
Biotin	300 mcg .	1000%
Pantothenic Acid	25 mg .	500%
Calcium		
lodine		
Magnesium	25 mg .	6%
Zinc		
Selenium		
Copper		
Manganese	2 mg.	87%
Molybdenum	75 mcğ .	167%

	Fruit & Vegetable Antioxidant Blend 50 mg*
	Spectra® Total ORAC Blend of: Green Coffee Extract,
ıe	Broccoli Sprout Powder, Green Tea Extract, Onion Extract,
%	Apple Extract, Acerola Extract, Camu Camu Extract,
%	Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit
%	Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf
	Powder, Oregano Leaf Powder, Cinnamon Bark Powder,
%	Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit
%	Powder, Black Currant Fruit Extract, Blueberry Fruit
%	Extract, Sweet Cherry Fruit Powder, Blackberry Fruit
%	Powder, Chokeberry Fruit Powder, Raspberry Fruit
%	Powder, Spinach Leaf Powder, Kale Leaf Concentrate,
۱%	Bilberry Fruit Extract, Brussels Sprout Powder
1%	Lutein 2 mg*
1%	(from Marigold Flowers Extract)(Tagetes erecta)
1%	Zeaxanthin*
1%	(from Marigold Flowers Extract)( <i>Tagetes erecta</i> )
%	Men's Health Blend*
1%	Yohimbe Bark Extract (Pausinystalia yohimbe)
%	(8% Yohimbine Alkaloids = 0.8 mg), Fenugreek Seed
2%	Powder ( <i>Trigonella foenum-graecum</i> ), Lycopene

Digestive Health & Comfort Blend ....... 20 mg Ginger Root Extract (Zingiber officingle)

(5% Gingerols = 0.5 mg), Cellulase, Papain, Bromelain

\* Daily Value not established.

**Amount Per Serving** 

OTHER INGREDIENTS: Microcrystalline Cellulose, Cultured Niacinamideţ, Cultured Ascorbic Acidţ, Croscarmellose Sodium, Calcium Carbonate, Hydroxyproppyl Methylcellulose, Cultured Zinc Oxideţ, Hydroxyproppylcellulose, Calcium Ascorbate, Cultured Calcium d-Pantothenateţ, d-alpha Tocopherol, Magnesium Oxide, Stearic Acid Vegetable Source, Dicalcium Mposphate, Pyridoxine Hydrochloride, Calcium d-Pantothenateţ, Cultured Copper Sulfateţ, Cultured Manganese Sulfateţ, Silicon Dioxide, Ergocalciferol, Magnesium Stearate Vegetable Source, Zinc Oxide, Cultured Riboflavinţ, Cultured Pyridoxine Hydrochlorideţ, Cultured Vitamin A Palmitateţ, Niacinamide, Cultured Thiamin Hydrochlorideţ, Thiamin Hydrochloride, Spirulina Extract (Color), Cultured Phytonadioneţ, Magnesium HPCţ, Vegetable Acetoglycerides, Cultured Folic Acidţ, Riboflavin, beta-Carotene, Potassium lodide, Polyethylene Glycol, Riboflavin (Color), Cultured Biotinţ, Cultured Sodium Selenateţ, Cupric Sulfate, Medium Chain Triglycerides, Cultured Sodium Molybdateţ, Polysorbate 80, Molybdenum HPCţ, Ethylcellulose, Cultured Cyanocobalaminţ, Folic Acid, Biotin, Methylcobalamin, Triacetin, Selenium Yeast, Phytonadione, Diacetylated Monoglycerides, Oleic Acid. † HPC (Hydrolyzed Protein Chelate). ‡ Contains Cultured Sources of Vitamins and Minerals (Cultured on Rice Protein, Yeast, Molasses, Papain, Bromelain, Gum Arabic and Maltodextrin).