

# Multi-Life contains 43 nutrients and 72 trace minerals necessary for energy, your immune system and to help combat stress

Directions: One capsule 3 times daily with meals.

Vitamin / Mineral	Benefit*
<b>Vitamin A (betaine) Supplying alpha &amp; beta-carotene, cryptoxanthin, lutein and zeaxanthin</b>	For eyes, skin, hair, teeth, repair body tissue, resist infection and antioxidant protection.
<b>Vitamin C (ascorbic acid)</b>	For skin, gums, heart, teeth, healing, antioxidant protection, immune system support and stronger blood vessels, tendons, ligaments and bones
<b>Vitamin D-3 (natural)</b>	For heart, skin, nerves, efficient calcium absorption and stronger bones and teeth
<b>Vitamin E (natural mixed Tocopherols)</b>	For blood vessels, heart, lungs, nerves, skin, pituitary gland, antioxidant protection, immune system support
<b>Thiamine (vitamin B1)</b>	For energy, brain, eyes, hair, ears, heart, circulation, digestion, muscle tone, learning capacity, and nervous system
<b>Riboflavin (vitamin B2)</b>	For energy, eyes, hair, nails, skin and immune system support
<b>Niacinamide</b>	For energy, brain, skin, liver, nerves, tongue, circulation, reduce cholesterol level and formation of vital molecules
<b>Vitamin B6 (pyridoxine HCl)</b>	For energy, blood, muscles, skin, digestion, amino acid metabolism, Formation of neurotransmitters and heart health
<b>Folate (folic acid)</b>	For heart health, blood, glands, liver and formation of DNA
<b>Vitamin B12 (natural)</b>	For energy, heart health, blood cell formation, nerves and cell longevity
<b>Biotin</b>	For energy, skin, muscles and stronger, healthier hair
<b>Pantothenic acid (D-calcium pantothenate)</b>	For energy, adrenal glands, digestive tract, skin and formation of hormones and neurotransmitters
<b>Calcium (citrate)</b>	For stronger bones and teeth, muscle and heart activity and blood clotting
<b>Iron (ferrous fumarate)</b>	For energy, blood, bones, nails, skin teeth, oxygen delivery throughout the body, and antioxidant protection
<b>Iodine (from kelp)</b>	For hair, nails, skin, teeth, proper thyroid gland function and energy
<b>Magnesium (citrate)</b>	For energy, arteries, heart, muscles, nerves, formation of DNA and RNA and stronger bones and teeth
<b>Zinc (picolinate)</b>	For blood, heart, prostate, healing, antioxidant protection, protein production and strong immune system
<b>Selenium (l-selenomethionine)</b>	For antioxidant protection, necessary for healthy skin, muscles, function of heart and thyroid hormone
<b>Copper (gluconate)</b>	For energy, antioxidant protection and support of red blood cell formation
<b>Manganese (gluconate)</b>	For energy and antioxidant protection
<b>Chromium (polynicotinate)</b>	For efficient carbohydrate metabolism
<b>Potassium (citrate)</b>	For blood, heart, kidneys, muscles, nerves and skin
<b>Choline Bitartrate</b>	For hair, kidneys, liver, gall bladder, thymus gland, nerve transmission and metabolism of fats and carbohydrates
<b>Inositol</b>	For brain, heart, liver, kidneys, muscles, hair growth, reduce cholesterol and retard artery hardening
<b>Lecithin (from soybeans)</b>	For preventing fatty buildup in arteries and vital organs. Improves brain function and energy. Necessary for building cell membranes.
<b>Citrus Bioflavonoids</b>	For reducing pain, preventing asthma, promoting circulation and lowering cholesterol levels
<b>PABA (para-amino butyric acid)</b>	For skin, glands, intestines, blood cell formation, protein metabolism and color restoration to gray hair
<b>72 Trace Mineral Blend (from de-salted &amp; purified sea water)</b>	For a strong immune system and necessary to properly process the major minerals. Important in the proper functioning of enzyme systems, nerve conduction and muscle function.
<b>Rutin</b>	For strengthening capillaries and blood vessels and healing wounds
<b>Hesperidin</b>	may have antioxidant, anti-inflammatory and anti-allergic properties
<b>Vanadium (chelate)</b>	For bone and teeth formation and cellular metabolism. Low levels have been associated with kidney and cardiovascular disease
<b>Active Enzyme Blend</b>	For proper digestion, absorption and delivery of vital nutrients to every cell in your body. A vitamin has absolutely no life without the appropriate enzymes present. See chart on previous page...
<b>Brain Support Blend</b>	For memory, concentration and focus
<b>Phosphatidyl Serine Complex</b>	Support for memory, learning and emotional well being and for prematurely damaged brain cell membranes due to disease, alcohol or drugs.
<b>L-Glutamine</b>	Brain fuel for improving mental alertness, clarity of thinking and mood. Reduces craving for alcohol, sugar and carbs
<b>Trimethylglycine (TMG)</b>	For anti-aging, depression, lowering risk of heart disease and stroke and protect against alcohol induced liver injury

**Other ingredients: Gelatin (capsule) and Silica. Contains NO added hormones, corn, wheat, egg, yeast, artificial colors, flavors or preservatives.**