

Nutritional Product Information

Multi-Vitamin (Capsules)

Recommended Use

As a vitamin supplement, take four capsules a day with an eight ounce glass of water.

As with all vitamin supplements, keep tightly sealed and out of reach of children.

The Ultimate Living Nutritional Products provide the best combination of superior nutrients available.

Manufactured exclusively for:

Ultimate Living International, Inc.
Dallas, Texas 75219
(800) 360-0988
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Supplement Facts

Serving Size: 4 capsules

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (palmitate and beta carotene)	7500 IU 150%	Calcium (carbonate, citrate and hydroxyapatite)	500 mg 50%
Vitamin C (ascorbic acid)	500 mg 834%	Iodine (Potassium Iodine)	150 mcg 100%
Vitamin D (cholecalciferol)	200 IU 50%	Magnesium (oxide, citrate and chelate)	400 mg 100%
Vitamin E (d-alpha tocopheryl succinate)	400 IU 1334%	Zinc (gluconate and picolinate)	15 mg 100%
Vitamin K (phytonadione)	75 mcg 88%	Selenium (l-seleno methionine)	70 mcg 100%
Thiamine (Vitamin B1)(mononitrate)	75 mg 5000%	Copper (cupric citrate)	2 mg 100%
Riboflavin (Vitamin B2)(riboflavin-5-phosphate sodium)	75 mg 4412%	Manganese (aspartate and citrate)	2.5 mg 126%
Niacin (niacinamide)	75 mg 376%	Chromium (amino acid chelate and picolinate)	200 mcg 166%
Vitamin B6 (pyridoxine HCl and Pyridoxial-5-phosphate)	75 mg 3750%	Molybdenum (aspartate)	50 mcg 66%
Folate (folic acid)	400 mcg 100%	Garlic(bulb) 100 mg*, L-Taurine 100 mg*, Bromelain 50 mg*, Papain 50 mg*, Alfalfa (leaf) concentrate 40 mg*, L-glutamine 25 mg*, L-methionine 25 mg*, Acerola cherry (fruit) (Malpighia glabra extract) 5 mg*, L-gluathione 5 mg*, Spirulina algae 5 mg*, Boron (boron L-aspartate, amino acid complex and boron L-citrate) 1000 mcg*, Lipoic acid 500 mcg*.	
Vitamin B12 (cyanocobalamin)	100 mcg 1666%	Other ingredients: Gelatin, magnesium stearate and silicon dioxide.	
Biotin	450 mcg 150%		
Pantothenic Acid (d-calcium pantothenate)	40 mg 400%		

* Daily Value (DV) not established

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.