

Everybody - Everyday - For Life!™

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As an exacting scientist, a world-renowned wellness and prevention expert, and a loving father Dr. Chestnut fully understands how important sufficient intake of Essential Nutrients is for health, vitality, and prevention.* He has spent over five painstaking years researching and developing VITA SUFFICIENCY™. VITA SUFFICIENCY™ sets the Gold Standard for Organic, Naturally Occurring, Plant-Sourced, Synthetic-Free supplements. This unwavering devotion to quality and purity is what makes Innate Choice VITA SUFFICIENCY™ the NATURAL CHOICE for Everybody - Everyday - For Life!*

*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.



100% Naturally Occurring Multivitamin Supplement

- ✔ ORGANIC INGREDIENTS
- ✔ No Synthetic Vitamins
- ✔ Yeast - Free
- ✔ Wheat / Corn - Free
- ✔ NATURALLY OCCURRING
- ✔ Dairy - Free
- ✔ No Artificial Colors/Flavors
- ✔ No Artificial Preservatives

The color of this product may vary due to the color variations of the natural ingredients. Keep out of reach of children. Store in a cool dry area. Do not use if safety seal is broken.

Product of USA

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The Wellness Practice - Global Self Help Corp,
431 Durban Street
Victoria, B.C. Canada V8S 3K2 Please Recycle



Certified Organic by QAI

02KB62C.060

60 VEGETARIAN CAPSULES

Made with organic fruits and organic herbs.

VITA SUFFICIENCY™



Suggested Use: As a dietary supplement, take 2 capsules daily with food. Daily amount can be divided between AM and PM.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

Amount Per Serving	% Daily Value
Proprietary Blend 1,300 mg	
Organic Algae, Organic Amla ¹ , Organic Annatto ¹ , Organic Guava ¹ , Organic Lemon ¹ , Organic Sesbania ¹ , Organic Holy Basil ¹ Extracts Yielding:	
Naturally Occurring Vitamin C (as Ascorbic Acid) 60 mg	100%
Naturally Occurring Vitamin E (as Alpha Tocopherols) 32 IU	107%
Naturally Occurring Vitamin B1 (as Thiamine) 2.5 mg	167%
Naturally Occurring Vitamin B2 (as Riboflavin) 2.5 mg	147%
Naturally Occurring Vitamin B3 (as Niacin) 3.5 mg	18%
Naturally Occurring Vitamin B6 (as Pyridoxine HCl) 5 mg	250%
Naturally Occurring Folate 40 mcg	10%
Naturally Occurring Biotin 10 mcg	3%
Naturally Occurring Vitamin B5 (as Pantothenic Acid) 6 mg	60%
Naturally Occurring Calcium 212 mg	21%
Naturally Occurring Magnesium 16.5 mg	4%
Naturally Occurring Zinc 0.75 mg	5%
Naturally Occurring Selenium 7 mcg	10%
Naturally Occurring Manganese 200 mcg	10%
Naturally Occurring Chromium 12 mcg	10%
Naturally Occurring Bioflavonoids 10 mg	*
Naturally Occurring Mixed Carotenoids 100 IU	*
Naturally Occurring ORAC 1,000 Units	*
Naturally Occurring Polyphenols 150 mg	*

* Daily Value Not Established

Other Ingredients: pullulan capsule, rice flour, magnesium stearate



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Best by:

2.625 x 6.875