

See Yourself Well™



GREAT TASTING

CONTAINS 32 NUTRIENTS

Supplement Facts

Serving size = 2 tablespoons (30ml)
Servings per Container = 16

Vitamins and Minerals	Per Serving	% Daily Value
Vitamin A (All trans retinyl palmitate and 0.3% as Beta Carotene)	2508.25 IU	50%
Vitamin C (ascorbic acid)	70mg	117%
Vitamin D (cholecalciferol)	1000 IU	250%
Vitamin E (alpha-tocopheryl acetate)	15 IU	50%
Vitamin K	40mcg	50%
Thiamine (vitamin B1) (thiamine hydrochloride)	5 mg	333%
Riboflavin (vitamin B2)	5 mg	294%
Niacin (vitamin B3) (niacinamide)	10 mg	50%
Pantothenic acid (vitamin B5) (d-calcium pantothenate)	5 mg	50%
Vitamin B6 (pyridoxine hydrochloride)	200 mcg	10%
Vitamin B12 (cyanocobalamin)	3 mcg	3333%
Folate (folic acid)	200 mcg	50%
Biotin	150 mcg	50%
Manganese (manganese chloride)	1 mg	50%
Selenium (sodium selenite)	100 mcg	143%
Natural Antioxidant Fruits		
Pomegranate juice concentrate (<i>Punica granatum</i>)	7500 mg	***
Bilberry (<i>Vaccinium myrtillus</i> extract, 15:1)	287.5 mg	***
Blueberry (<i>Vaccinium angustifolium</i> extract, 15:1)	250 mg	***
Tart cherry (<i>Prunus cerasus</i>)	187.5 mg	***
Pomegranate (<i>Punica granatum</i>)	165 mg	***
Strawberry (<i>Fragaria virginiana</i>)	112.5 mg	***
Grape (<i>Vitis vinifera</i>)	112.5 mg	***
Grapeseed extract (<i>Vitis vinifera</i> , 100:1)	112.5 mg	***
Cranberry (<i>Vaccinium macrocarpon</i>)	35 mg	***
Prune (<i>Prunus domestica</i>)	35 mg	***
Raspberry (<i>Rubus idaeus</i>)	15 mg	***
Raspberry seed extract (<i>Rubus occidentalis</i> , 100:1)	15 mg	***
Other Ingredients		
Lutein (legumes erecta [Mexican marigold] resin)	5 mg	***
Lycopene	5 mg	***
Choline (choline bitartrate)	3 mg	***
Inositol	3 mg	***

*** Daily Value not established

POMEGRANATE liquid multi Vitamin & Mineral

500mL liquid | SUPER ABSORPTION
NATURAL ANTIOXIDANT NUTRIENTS
5000+ ORAC VALUE PER SERVING



See Yourself Well Pomegranate Multi is a source of antioxidants for the maintenance of good health.

Suggested Usage: Adults - take 2 tablespoons (30 ml) once per day. Shake well before use. Refrigerate after opening and consume within 45 days. Do not use if product safety seal is broken or missing.

Caution: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding or if you are taking blood thinners.

Non-medical ingredients: purified water, citric acid, potassium benzoate and sodium benzoate. This product does not contain yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, artificial sugars or sweeteners, starch, artificial coloring or flavoring.

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ONE OUNCE (30mL)
ONCE PER DAY

* 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.

