

		ference 1take %	Vitamiı (pant
Boron	0,500 mg		Vitami
Chromium	80,0 µg 🔴	200%	Vitamii
Iron	15.0 mg	107%	Vitamiı
Iodine	150 µg	100%	Vitamiı
Copper	1.00 mg	100%	Vitamii
Magnesium	270 mg	72%	Vitamir
Manganese	2,00 mg	100%	Taurin
Molybdenum	50,3 µg	101%	Bambo
Sodium	0,531 mg		Betaine
Selenium	110 µg	199%	Bioperi
Zinc	10,0 mg	100%	Choline
Vitamin A	510 µg	64%	Curcun
Vitamin B1 (thiamin)	6,60 mg	600%	Inosito
Vitamin B12 (cobalamin)	25 µg	1026%	Rutin
Vitamin B2 (riboflavin)	5,60 mg	400%	Zingibe
Vitamin B3 (niacine)	16,0 mg	100%	(ging

Vitamin B5	12,0 mg	200
(pantothenic acid)		
Vitamin B6 (pyridoxine)	2,80 mg	200
Vitamin B7 (biotine)	500 µg	1002
Vitamin B9 (folic acid)	400 µg	200
Vitamin C	160 mg	200
Vitamin D	20,0 µg	400
Vitamin K	75,0 µg	100
Taurine	412 mg	
Bamboo silica	25,0 mg	
Betaine HCl	32,8 mg	
Bioperine® (piperine)	5,00 mg	
Choline bitartrate 98%	62,0 mg	
Curcumin C3 complex®	150 mg	
Inositol	100 mg	
Rutin	0,049 mg	
Zingiber off.ext. 12:1	60,0 mg ⁻	
(ginger)		

LIBERTY LIFE ESSENTIALS

the essentials



Usage: 2 capsules per day during or after a meal. Do not exceed the recommended daily dosage. A food supplement is not a replacement for a varied diet and/or healthy lifestyle. Keep sealed, dry and at room temperature, out of reach of young children. See enclosed card for ingredients

and warnings.

250 m 150 m 150 m 300 m 50,0 m 75,0 m

LIBERTY | PO Box 80024 1005 BA, Amsterdam NL libertylifeessentials.com Allergens: contains lactose

N-Acetyl-L-Tyrosine Bacopin® brahmi ext. 40% Cynarae (artichoke) ext. 5% KSM-66° (ashwagandha) L-Theanine Quercitin



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work hard play hard