

Daily Multi THE TOTAL BODY VITAMIN

PRODUCT BENEFITS

Vitamin A (5000 IU) (as Retinyl Palmitate) helps prevent premature aging; strengthens the optical system; builds immune resistance; lowers the risk of cancer; supports growth and development and metabolic and hormone functions.

Vitamin C (60 mg) (as Sodium Ascorbate) Powerful antioxidant; enhances the immune system; lowers the risk of cancer; increases the resistance to infections; important for the metabolism; And making connective tissue; necessary for building bones and sound teeth.

Vitamin D (400 IU) (as Cholecalciferol) -Necessary for the utilization of calcium and phosphorus and for the assimilation of vitamin A; has a strong immune enhancing effect.

Vitamin E (30 IU) (as d-alpha-tocopherol) important antioxidant and immune stimulating vitamin, retards cellular aging; effective anticoagulant and vasodilator against heart disease.

Thiamine (Vitamin B-1) (1.5 mg) (as Thiamine Mononitrate) the anti-beriberi vitamin; necessary to convert blood sugar (glucose) into energy; it also aids digestion proper growth and aids in the normal function of the nervous system and the heart and other muscle tissue; Thiamine is a coenzyme that is essential for many body functions including; energy metabolism, nerve and muscle function and mood and mental attitude.

Riboflavin (Vitamin B2) (1.7 mg) (as Riboflavin) instrumental in the metabolism of all foods; necessary for energy production and for fat and carbohydrate metabolism; benefits eye health and vision; promotes healthy skin and immune-function; plays a part in thyroid hormone function.

Niacin (Vitamin B3) -(20 mg) (as Niacinamide) - functions as a coenzyme to produce energy within cells; promotes healthy skin, appetite and digestion; supports sex hormone synthesis; supports metabolism; brain and nerve function, and boosts circulation.

Vitamin B6 (2 mg) (as Pyridoxine Hydrochloride) - functions as a coenzyme in more than one hundred metabolic processes; boosts

immune function; assist red blood cell generation; protein synthesis and carbohydrate metabolism.

Biotin- (300 mcg) Vitamin B complex necessary for the metabolism of amino acids and essential fatty acids; helps form immune anti-bodies; necessary for absorption of Vitamin B12.

Pantothenic acid (Vitamin B5) (10 mg) antioxidant vitamin functions as a coenzyme in many metabolic processes; including breaking down carbohydrates; fats, and proteins; helps build red blood cells and antibodies; and is important in the functioning of the endocrine glands and hormones; functions include metabolism; immune function; nerve and hormone function and red blood cell formation.

Other Ingredients: Purified Water, Fructose, Glycerin, Citric acid, Natural and artificial apricot flavor, Potassium sorbate, Sodium bicarbonate, Stevia extract.