

V(1) VITAMIN VEGGIE CAPSULES

DIRECTIONS:

Men

Take 3 capsules daily, one at breakfast, lunch and dinner.

Women

Take 2 capsules daily, one with breakfast and lunch.

An additional 1-2 capsules can be taken after exercise or with a meal to support intense activity levels.

THE V(1) ADVANTAGE

- Improve daily energy levels / recovery speed*
- Improve digestive health*
- Boost the immune system*



Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

	Amount per Serving	%Daily Value**
Vitamin A (as Retinyl Acetate)	5,000 IU	100%
Vitamin C (as Calcium Ascorbate)	300 mg	500%
Vitamin D (as Cholecalciferol)	2,500 IU	630%
Vitamin E (as D-Alpha Tocopherol Succinate)	25 IU	85%
Thiamin (as Thiamine Mononitrate)	25 mg	1,660%
Riboflavin	5 mg	290%
Niacin	42.5 mg	210%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,250%
Folate (as Folic Acid)	70 mcg	20%
Vitamin B12 (as Cyanocobalamin and Methylcobalamin)	300 mcg	5,000%
Biotin	100 mcg	35%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	150%
Calcium (from Calcium Ascorbate)	30 mg	4%
Iron (from Iron Citrate)	5 mg	30%
Iodine (from Potassium Iodide)	30 mcg	20%
Magnesium (from Magnesium Citrate)	40 mg	10%
Zinc (from Zinc Oxide)	3.5 mg	25%
Selenium (from Selenium Amino Acid Chelate)	25 mcg	35%
Copper (from Copper Gluconate)	0.03 mg	<2%
Manganese (from Manganese Gluconate)	7 mg	350%
Chromium (from ChromeMate®)	100 mcg	85%
Molybdenum (from Molybdenum Amino Acid Chelate)	37 mcg	20%
Potassium (from Potassium Chloride)	40 mg	<2%
MSM (Methyl Sulfonyl Methane)	300 mg	**
Spectra™ ORAC Blend	250 mg	**
<small>Green Coffee Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Extract, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussel Sprout Concentrate, Organic Acai, Organic maca, Organic Carrot, Organic Beet, Raspberry, Organic Rose Hips, Organic Pineapple, Green Tea, Acerola Cherry</small>		
L-Carnitine Complex	250 mg	**
R-Alpha Lipoic Acid	100 mg	**
Turmeric Powder	100 mg	**
Proprietary Blend	175 mg	**
<small>Citrus Bioflavonoids Complex, Oat (straw) Powder, DigeSEB Plus®, RNA Yeast Powder, PABA (4-Aminobenzoic Acid), Inositol Powder, Blue Green Algae</small>		

**%Daily Value (DV) not established.

Other Ingredients : Vegetable Cellulose (capsule),
Maltodextrin, Corn Starch, Silicon Dioxide, Sunflower Lecithin

DESIGNED TO ADDRESS ALL NEEDS

Athletes and hard-training fitness fanatics are not like sedentary persons. Our needs for both macro and micro-nutrients are far different than that of an average person. We manage our food intake to best meet our Macro-Nutrient (Carbohydrate, Protein, Fat) needs while hoping for the best in providing the right Micro-Nutrients (vitamins, minerals, enzymes, anti-oxidants, electrolytes). However, even with the best food choices, we are often lacking in optimal intake of many of these Micro-Nutrients. All of these different Micro-Nutrients are essential to our bodily processes of performance, energy, endurance, and recovery. Without them, overtime the body will suffer and show different symptoms of deficiency.