

This formula is:  
Non-GMO\*  
\*add'l Amazon reqs  
not met for this claim  
Vegetarian

This formula is not:  
Vegan  
Organic  
Halal-certified

Also not:  
Soy-free

# Daily Essentials

Dietary Supplement  
Capsules

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container:

| Amount Per Serving                                | %Daily Value |         |
|---------------------------------------------------|--------------|---------|
| Vitamin A (as beta carotene)                      | 450 mcg      | 50%     |
| Vitamin C (as ascorbic acid)                      | 120 mg       | 133%    |
| Vitamin D (as cholecalciferol)                    | 25 mcg       | 125%    |
| Vitamin E<br>(as d-Alpha tocopheryl succinate)    | 10 mg        | 67%     |
| Thiamin (as thiamine HCl)                         | 5 mg         | 417%    |
| Riboflavin                                        | 5 mg         | 385%    |
| Niacin (as niacinamide)                           | 16 mg        | 100%    |
| Vitamin B-6<br>(as pyridoxal-5-phosphate)         | 5 mg         | 294%    |
| Folate<br>(as calcium L-5-methyltetrahydrofolate) | 408 mcg DFE  | 102%    |
| Vitamin B-12<br>(as methylcobalamin)              | 250 mcg      | 10,417% |

| Amount Per Serving                                                                                 | %Daily Value |        |
|----------------------------------------------------------------------------------------------------|--------------|--------|
| Biotin                                                                                             | 300 mcg      | 1,000% |
| Pantothenic Acid<br>(as calcium d-pantothenate)                                                    | 10 mg        | 200%   |
| Magnesium<br>(as magnesium glycinate chelate buffered<br>with magnesium oxide / magnesium citrate) | 50 mg        | 12%    |
| Zinc<br>(as zinc glycinate chelate)                                                                | 8 mg         | 73%    |
| Selenium<br>(as L-selenomethionine)                                                                | 55 mcg       | 100%   |
| Copper<br>(as copper glycinate chelate)                                                            | 0.5 mg       | 56%    |
| Chromium<br>(as chromium picolinate)                                                               | 100 mcg      | 286%   |

Other ingredients: Rice flour, vegetable cellulose, vegetable magnesium stearate, and silicon dioxide.

SUGGESTED USE: 2 capsules daily preferably with meals or as directed by a healthcare professional.

KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS DAMAGED  
OR MISSING. STORE IN A COOL, DRY  
PLACE.

**CAUTION:** Do not exceed recommended dose. Avoid taking this product in conjunction with other dietary supplements which contain high levels of elemental chromium. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition or taking any medication should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

Vendor Code: VLI923

