

Serving Size: One Packet (11 Tablets - 3 Softgels)
 Servings Per Container: 30 (continued from other side)

Amount Per Serving: %Daily Value

Bee Pollen (Tan Clear Coated Oblong Tablet) Contains:
 • Bee Pollen 1,000 mg *

Amino Acids and Enzymes (White Coated Oblong Tablet) Contains:

• L-Glutamine	75 mg	*
• L-Arginine HCL	75 mg	*
• L-Leucine	50 mg	*
• L-Omnithine HCL	50 mg	*
• L-Tyrosine	50 mg	*
• Bromelain 600 GDU (900 MCU)	41.67 mg	*
• L-Histidine HCL	20 mg	*
• Papain 6X	17.50 mg	*
• Lipase 12,000 FIP/gm	0.37 mg	*

Herbal Complex (Green Coated Oblong Tablet) Contains:

• Guarana Seed Extract (paullinia cupana)	250 mg	*
• Gotu Kola Herb (aerial parts)	50 mg	*
• Grape Skin Extract 4:1	25 mg	*
• Goldenseal (whole plant)	25 mg	*
• Korean Ginseng Root	25 mg	*
• Raspberry Ketone	25 mg	*
• St. John's Wort (whole plant)††	25 mg	*
• Ginkgo Biloba Leaf Extract 50:1 (24% flavone glycosides / 6% terpene lactones)	10 mg	*
• Octacosanol	2 mg	*

* Daily Value Not Established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, hypromellose, titanium dioxide, silicon dioxide, polyvinyl alcohol, magnesium stearate, polyethylene glycol, maltodextrin, talc, hydroxypropyl cellulose, sodium citrate-dihydrate, chlorophyllin sodium copper and riboflavin (for color), caramel, artificial colors FD&C (red #40 lake, blue #1 lake, yellow #6 lake) and polysorbate 80.

KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.

DIRECTIONS: TAKE ONE SERVING DAILY WITH MEAL AND FULL GLASS OF WATER.



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WARNING: **Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. ††Do not use if pregnant or nursing. If you are taking anti-depressants, birth control pills or other medications, consult with your healthcare professional before using this product. Use of this product may cause your skin to be extra sensitive to UV sources, such as artificial or natural sunlight. Avoid excessive exposures from these sources. Discontinue use two weeks prior to surgery.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Made in the USA from domestic and imported ingredients.

Distributed by: Precise Nutrition Int'l, Inc.
 PO Box 344 Rancho Mirage, CA 92270



VITAMIN A



VITAMIN B



C COMPLEX



POWER COMPLEX



PHYTO GREENS



This premium multi-vitamin is a staple in providing essential nutrients your body needs regardless of your nutrition goals. Whether you're training for a triathlon or simply want to improve your overall well-being, this is the vitamin pack for you!

ONCE DAILY MULTI-VITAMIN



VITAMIN E



LECITHIN



MINERALS



HERBAL



AMINO ACIDS



THE ONLY VITAMIN YOU'LL EVER NEED*

Serving Size: One Packet (11 Tablets - 3 Softgels) Servings Per Container: 30

Amount Per Serving: %Daily Value

Vitamin A (Red Oblong Softgel) Contains:
 • Vitamin A (15,000 IU as beta carotene) 25,000 IU 500%
 (10,000 IU cod / fish liver oil)

B-Complex (Orange Coated Oblong Tablet) Contains:

• B1 Thiamin (from thiamin HCL)	0.75 mg	50%
• B1 Thiamin (from thiamin mononitrate)	0.75 mg	50%
• B2 Riboflavin	1.70 mg	100%
• B3 Niacin (as niacinamide)	20 mg	100%
• Vitamin B6 (from pyridoxine HCL)	2 mg	100%
• B9 Folic Acid	400 mcg	100%
• Vitamin B12 (as methylcobalamin)	6 mcg	100%
• B8 Biotin	300 mcg	100%
• B5 Pantothenic Acid (from calcium d-pantothenate)	10 mg	100%
• Rose Hips	300 mg	*
• Choline (from choline bitartrate)	25 mg	*
• Choline (from choline citrate)	25 mg	*
• PABA (para-aminobenzoic acid)	25 mg	*
• Inositol	15 mg	*

Lecithin (Brown Oblong Softgel) Contains:
 • Lecithin (from sunflower) 1,200 mg *

C-Complex (2-Yellow Coated Oblong Tablets) Contains:

• Vitamin C (as ascorbic acid)	400 mg	667%
• Calcium (as calcium carbonate)	650 mg	65%
• Hesperidin Complex	50 mg	*
• Citrus Bioflavonoids Complex (50% bioflavonoids)	100 mg	*
• Rutin (95% extract from saphora japonica fruit)	25 mg	*
• Quercetin	75 mg	*

Vitamin E (Gold Oblong Softgel) Contains:
 • Vitamin E (as d-alpha-tocopherol) 400 IU 1,332%

Supplement Facts

Amount Per Serving: %Daily Value

Power-Complex (Pink Coated Round Tablet) Contains:

• Vitamin D3 (as cholecalciferol)	400 IU	100%
• Vitamin D2 (as ergocalciferol)	500 IU	125%
• Vitamin K1 (as phytonadione)	80 mcg	100%
• Calcium (as calcium carbonate)	200 mg	20%

Phyto Greens (Green Clear Coated Caplet) Contains:

• Alfalfa Leaf	100 mg	*	• Iodine (from Atlantic Kelp)	175 mcg	117%
• Barley Grass	100 mg	*	• Cabbage (aerial parts)	25 mg	*
• Chlorella Algae	100 mg	*	• Celery Seed	25 mg	*
• Spirulina Algae	100 mg	*	• Beet Root	10 mg	*
• Wheat Grass	100 mg	*	• Broccoli (aerial parts)	10 mg	*
• Atlantic Kelp	50 mg	*	• Spinach Leaves	10 mg	*
• Ginger Root Ext.	50 mg	*	• Lutein	50 mcg	*
• Kale Leaves	50 mg	*	• Lycopene	50 mcg	*

Vitamin B-12 (White Coated Round Tablet) Contains:
 • Vitamin B-12 (as methylcobalamin) 1,000 mcg 16,667%

Minerals (2-Beige Coated Oblong Tablets) Contains:

• Calcium (from calcium carbonate)	400 mg	40%
• Iron (from ferrous fumarate)**	9 mg	50%
• Iodine (from kelp)	75 mcg	50%
• Magnesium (from magnesium oxide)	200 mg	50%
• Zinc (from zinc aspartate)	15 mg	100%
• Selenium (from l-selenomethionine)	25 mcg	36%
• Copper (from copper bisglycinate chelate)	1 mg	50%
• Manganese (from manganese bisglycinate chelate)	4 mg	200%
• Chromium (from chromium picolinate [chromaxin])	100 mcg	83%
• Potassium (from potassium aspartate)	25 mg	1%
• Boron (from boron glycinate)	1 mg	*

PACK CONTAINS 30 INDIVIDUAL POUCHES

PREMIUM QUALITY MULTI-VITAMIN

EACH SERVING | 11 TABLETS CONTAINS | 3 SOFTGELS