

DIRECTIONS: Mix one scoop with 8 fl oz of cold water (or dilute for taste), twice daily or as directed. Shake periodically while consuming to minimize settling.

DO NOT USE IF PACKET IS BROKEN OR TORN.
Keep out of reach of small children.
Store at room temperature.

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.

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Formulated and distributed by:
Celebrate Vitamins
516 Corporate Pkwy,
Wadsworth, Ohio 44281
www.celebratevitamins.com



Essential Multi 3 in 1

- Multivitamin
- Calcium Citrate
- Fiber

Raspberry-Lemonade

60 servings

Dietary Supplement

Net Wt: 20.3 oz (576 g)

Celebrate

Nutritional Supplements

Supplement Facts

Serving Size: 1 scoop (9 g)
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	12%*
Vitamin A (as retinyl palmitate and 30% from beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin D (as cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha-tocopheryl acetate)	30 IU	100%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin hydrochloride)	6 mg	400%
Riboflavin	6 mg	353%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	6 mg	300%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin and as cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium citrate)	500 mg	50%
Phosphorus (as potassium phosphate)	40 mg	4%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate and magnesium oxide)	50 mg	13%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Copper (as copper citrate)	1.5 mg	75%
Manganese (as manganese amino acid chelate)	1 mg	50%
Chromium (as chromium amino acid chelate)	100 mcg	83%
Molybdenum (as molybdenum amino acid chelate)	37.5 mcg	50%
Chloride	40 mg	1%
Sodium	30 mg	1%
Potassium (as potassium phosphate)	100 mg	3%

Fiber Blend: 4 g †
Nutriose™ (dextrin soluble fiber)**, citrus pectin, apple pectin

Berry Blend: 500 mg †
Acai berry (from 5:1 extract) (*Euterpe oleracea*), raspberry extract, blueberry juice concentrate, goji berry extract (*Lycium barbarum*), strawberry extract, cranberry extract

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily value not established.

Other ingredients: Citric acid, natural flavors, beet color, silica and sucralose.

** Nutriose is a trademark of Roquette Inc.