

Directions: Take 2 capsules daily, preferably 1 capsule twice a day with food, or as directed by a healthcare practitioner.

You may need additional supplements to support a healthy diet; consult your nutritionist for a formula that is right for you or contact us at 877-ASK-ZAHLER (877-275-9245) or ask@zahlers.com.

KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your healthcare practitioner.

Store in a cool, dry place, away from direct sunlight.

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.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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PAREVE



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SUPERVISION OF
RABBI SH. STERN &
THE ORTHODOX
UNION



Non-GMO
GLUTEN FREE
DAIRY FREE
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Distributed by:
Advanced Nutrition by Zahler
Brooklyn, NY 11230
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nutrition by

ZAHLER



multi vitamin

Brainfood

Daily Multivitamin
+Memory & Focus Support
With NeuroFactor™ & Lion's Mane



Dietary Supplement

60 Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin C (from PUREWAY-C® Ascorbic Acid)	180 mg	200%
Vitamin D3 (As Cholecalciferol) (From Lichen) (Vegan)	20 mcg	100%
Vitamin E (as D-Alpha Tocopheryl Succinate)	15 mg	100%
Vitamin K (as Menaquinone-7)	120 mcg	100%
Thiamin (as Thiamine HCl)	1.2 mg	100%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	1.3 mg	100%
Niacin (as Inositol Hexanicolinate)	16 mg	100%
Vitamin B6 (as Pyridoxal-5-Phosphate)	1.7 mg	100%
Folate (as L-5-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	24 mcg	1,000%
Choline (as Choline Bitartrate)	55 mg	10%
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	6 mg	33%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Simag™)	105 mg	25%
Zinc (as Zinc Arginate Chelate) (TRAACS™)	11 mg	100%
Selenium (as Methylselenocysteine)	55 mcg	100%
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	0.45 mg	50%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1.15 mg	50%
Chromium (as Chrominex® 3+ Chromium stabilized with Capros® Arnia Fruit Extract and PrimaVie® Shilajit Gum Resin Extract, Microcrystalline Cellulose, Chromium Chloride Hexahydrate)	70 mcg	200%
Molybdenum (as Molybdenum Amino Acid Chelate)	22.5 mcg	50%
Organic <i>Hericium erinaceus</i> (Lion's Mane) Mycelium Powder	200 mg	*
Coffee Whole Fruit Extract (NeuroFactor™)	100 mg	*
Spectra™ Blend	100 mg	*
Coffee Fruit Extract, Green Tea Leaf Extract, Broccoli Sprout, Onion Bulb Extract, Apple Fruit Extract, Quercetin, Acerola Fruit Extract, Tomato Fruit, Broccoli Floret and Stems, Cabbage Palm Fruit, Turmeric Root, Garlic Bulb, Basil Leaf, Oregano Leaf, Cassia Bark, Carni Root, European Elder Fruit, Mangosteen Fruit, Camu Camu Fruit, Black Currant Fruit Extract, Blueberry Fruit Extract, Raspberry Fruit, Blackberry Fruit, Spinach Leaf, Aronia japonica Fruit, Collards Leaf, Sweet Cherry Fruit, Bilberry Fruit Extract, Brassica oleracea Var gemmifera Sprout.		
Pantothine	20 mg	*
Lutein	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule), Organic Rice Hull Concentrate.

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