

KEY FEATURES

Formulated to help fill nutritional gaps and supports energy, immunity, metabolism and overall good health from head to toe.*

*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.

SUGGESTED USE: Take 2 capsules daily. Can be taken together or split between meals.

WARNING: As with any supplement, consult your doctor before use. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you are pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant: do not use product if seal around cap is broken.



optimal
health



SPORT



ESFIT

DAILY MULTI

DIETARY SUPPLEMENT
60 CAPSULES • 30 SERVINGS

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

| | Amount Per 2 Capsules | % Daily Value* |
|---|--------------------------|-------------------|
| Vitamin A (as Palmitate) | 1200 mcg | 133% |
| Vitamin C (as Ascorbic Acid) | 400 mg | 444% |
| Vitamin D (as Cholecalciferol) | 15 mcg | 76% |
| Vitamin E (as Succinate) | 101mg | 670% |
| Vitamin K (as Menaquinone 7) | 50 mcg | 42% |
| Thiamin (as Thiamine HCL) | 5 mg | 417% |
| Riboflavin | 2.5 mg | 192% |
| Niacin (as Niacinamide) | 15 mg | 625% |
| Vitamin B6 (as Pyridoxine HCL) | 3 mg | 174% |
| Biotin | 150 mcg | 498% |
| Iron (as Ferrous Fumarate) | 5 mg | 27% |
| Iodine (as Kelp) | 25 mcg | 17% |
| Magnesium (as Aspartate & Citrate) | 101 mg | 24% |
| Zinc (as Citrate) | 8 mg | 73% |
| Selenium (as Selenium Amino Acid Complex) | 35 mcg | 64% |
| Copper (as Copper Amino Acid Complex) | 0.5 mg | 53% |
| Chromium (as Picolinate) | 50 mcg | 143% |
| Choline DL-Bitartrate | 100 mg | ‡ |

‡Daily Value not established.

OTHER INGREDIENTS

Cellulose (capsule), Microcrystalline Cellulose,
Magnesium Stearate.

ALLERGENS Contains: Soy



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