

**Other Ingredients:** Cellulose, vegetable stearin, food glaze, magnesium vegetable stearate, silica, dicalcium phosphate.

**Contains No** sugar, salt, dairy, yeast, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, take three (3) tablets daily preferably with meals. Store in a cool dry place.

**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.

**KEEP OUT OF REACH OF CHILDREN.**

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**Ron  
Teegarden  
Nutraceuticals**

# Life Essentials

**Multi-Vitamin and Mineral  
with Food Concentrates**

*Dietary Supplement*  
**90 Vegetarian Tablets**

## SUPPLEMENT FACTS

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as beta carotene)	3,600 mcg (12,000 IU)	400%	Citrus Bioflavonoids	100 mg
Vitamin C (as ascorbic acid)	1,000 mg	1,111%	Eleutherococcus Root	50 mg
Vitamin D3	10 mcg (400 IU)	50%	Apple Pectin	25 mg
Vitamin E (as d-alpha)	200 mg	1,333%	Inositol	25 mg
Vitamin B-1 as (thiamine HCl)	25 mg	2,083%	Oat Bran	25 mg
Vitamin B-2 (as riboflavin)	25 mg	1,823%	Para-aminobenzoic acid (PABA)	25 mg
Niacin (as niacin, niacinamide)	25 mg	156%	Quercetin Dihydrate	25 mg
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%	Rutin	25 mg
Folate (400 mcg folic acid)	680 mcg DFE	170%	Betaine HCl	20 mg
Vitamin B-12 (as cyanocobalamin)	250 mcg	10,417%	Bromelain (2400 GDU/g)	20 mg
Biotin	50 mcg	167%	Papain	20 mg
Pantothenic Acid	25 mg	500%	Barberry	12 mg
Choline (from choline bitartrate)	50 mg	9%	Cayenne	12 mg
Calcium (from chelate)	200 mg	15%	Dandelion root	12 mg
Iron (from iron chelate)	5 mg	28%	Gentian root	12 mg
Iodine (from kelp)	150 mcg	100%	Ginger root	12 mg
Magnesium (from chelate)	100 mg	24%	Garlic	10 mg
Zinc (from methionine)***	10 mg	91%	Hesperidin	10 mg
Selenium (as methionine)	25 mcg	45%	Amylase	5 mg
Copper (from citrate)	0.5 mg	56%	Lipase	5 mg
Manganese (from chelate)	4 mg	174%	L-Glutathione (reduced)	5 mg
Chromium (from polynicotinate)**	50 mcg	143%	Silicon (from silicon dioxide)	5 mg
Molybdenum (from chelate)	50 mcg	111%	Cellulase	2.5 mg
Potassium (from chelate)	50 mg	1%	L-actidophilus	2 mg
<b>Whole Food PhytoAlgae &amp; Greens Blend</b>			Boron (from chelate)	1 mg
Spirulina	1,020 mg	*	Components found in Whole Food PhytoAlgae & Greens Blend	
Wheat Grass Juice	100 mg	*	Carotenoids	17 mg
Chlorella (broken cell wall)	50 mg	*	Chlorophyll	16 mg
Sprouted Barley Powder	50 mg	*		
Bee Pollen	100 mg	*		

\*Daily Value (DV) not established.