theVitamin Shoppe®

energy formula

energy✓ | focus✓

immune✓

antioxidants✓

specialty

90 tablets

dietary supplement

gluten free

dairy free

soy free

nut free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	10000 IU	200%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (Vitamin B1)(as thiamin mononitrate)	30 mg	2000%
Riboflavin (Vitamin B2)	30 mg	1765%
Niacin (as niacinamide)	30 mg	150%
Vitamin B6 (as pyridoxine HCl)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	300%
Calcium (as calcium carbonate, dicalcium phosphate)	140 mg	14%
Iron (as ferrous fumarate)	7 mg	39%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	7 mg	47%
Selenium (as l-selenomethionine)	70 mcg	100%
Manganese (as manganese gluconate)	2 mg	100%
Chromium (Chromax®)(as chromium picolinate)	50 mcg	42%
Guarana Extract (seed) standardized to 22% Caffeine 22 mg	100 mg	*
Korean Ginseng Extract standardized to 20% Ginsenosides 10 mg	50 mg	*
Eleuthero Extract (Siberian) (*Eleutherococcus senticosus*)(rhizome) standardized to 0.8 % Eleutherosides 0.4 mg	50 mg	*
Green Tea Extract (*Camellia sinensis*)(leaf) standardized to 50% Polyphenols 25 mg	50 mg	*
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Choline (as choline bitartrate)	10 mg	*
Coenzyme Q-10	100 mcg	*
Bee Pollen	10 mg	*
Royal Jelly 3.5x	4.3 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, silicon dioxide, hydroxypropylmethyl cellulose, magnesium stearate, hypromellose, polydextrose, titanium dioxide, magnesium silicate, maltodextrin, medium chain triglycerides, carnauba wax.

Does not contain: Yeast, Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish or Artificial Flavors.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

chromax® Chromax® is a registered trademark of Nutrition 21.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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 and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by:
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