

**LIFESTYLE**  
FITNESS & NUTRITION



**DAILY COMPLETE**  
**MULTI-VITAMIN / MINERAL COMPLEX**

Other Ingredients: Hydroxy Methyl Propyl Cellulose, croscarmellose sodium, magnesium stearate, stearic acid, alfalfa, parsley, lecithin, rice bran, plus all trace minerals. Contains Fish Oil and Soy Lecithin

**Suggested Use:**  
As a dietary supplement in addition to regular food intake, take one tablet daily with food.

Keep in a cool dry place with lid tightly closed to protect from humidity. This bottle has been sealed for your protection. Do not use if inner seal has been broken or damaged.

**Warning:** Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately. **KEEP OUT OF THE REACH OF CHILDREN.**

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.

No yeast, No sugar, No preservatives, No dairy products, and No artificial Flavors, Colors, or Coatings

Manufactured for:  
Lifestyle Fitness and Nutrition  
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(513) 759-1805  
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DIETARY SUPPLEMENT  
**60 TABLETS**

Supplement Facts:		
Serving size: 1 tablet		
Servings per container: 60	Amount	% Daily
	Fat Serving	Value†
Vitamin A (as fish liver oil)	25,000 IU	500%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as fish liver oil)	1,000 IU	250%
Vitamin E (as d-alpha tocopherol)	150 IU	500%
Vitamin B1 (as thiamine mononitrate)	100 mg	8667%
Vitamin B6 (as pyridoxine)	100 mg	5000%
Niacin (as niacinamide)	100 mg	500%
Vitamin B3 (as pyridoxine HCL)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	20%
Pantothenic Acid (as di-calcium pantothenate)	100 mg	1000%
Calcium (as amino acid chelate)	50 mg	5%
Iron (as amino acid chelate)	18 mg	100%
Iodine (as Iodine)	150 mcg	100%
Magnesium (as amino acid chelate)	25 mg	6%
Zinc (as amino acid chelate)	15 mg	100%
Selenium (as amino acid chelate)	2 mcg	3%
Copper (as amino acid chelate)	500 mcg	25%
Manganese (as sulfate)	6 mg	300%
Potassium (as amino acid chelate)	19 mg	1%
Chromium (as amino acid chelate)	250 mcg	210%
Choline (as bitartrate)	100 mg	†
Inositol	100 mg	†
P.A.B.A. (para-aminobenzoic acid)	100 mg	†
Lemon Bioflavonoids	50 mg	†
Betaine HCL	30 mg	†
Hesperidin Complex	10 mg	†
rutin	50 mg	†

† % Daily Value Not Established