



# Daily Multi-Vitamin & Mineral Complex

This is one of the most sophisticated **Daily Multi-Vitamin and Mineral formulas** ever developed. It was specifically designed for **active lifestyle enthusiasts, athletes** and others who put their bodies through a **higher level of physical stress**.

When multi-dosed throughout the day, this formula is a key component of an "Optimal Nutrition" program – crucial for athletes as well as those changing their body composition (weight-loss or muscle gain).

Most supplements are coated with a varnish to make them smooth for swallowing and to mask its natural aroma. However, often, the human body can not break down the varnish coating resulting in limited or no uptake at all.

This Multi-Vitamin & Mineral Formula uses Pure Food Glaze as the binding agent. It allows each tablet to dissolve more quickly and to start working synergistically with the foods you just ate. You can actually break a tablet in half using your fingers.

As physically active people increase metabolism they tend to eat higher quality, whole foods. Therefore, **digestive enzymes** were a major consideration in the formulation. Digestive enzymes help break down and more *fully utilize* food.

This sophisticated **Daily Vitamin & Mineral Formula** includes **Pancreatin 5X** consisting of **Amylase, Protease** and **Lipase**. This type of enzyme is expressed in **NF units** (National Formulary).

**Amylase** aids in the digestion of carbohydrate. **Protease** helps with the digestion of protein and **Lipase** with fat.

The **conversion rates** are remarkable. A daily dosage of our Daily Vitamin & Mineral Formula has the equivalent capacity to digest:

**Amylase:** 21 slices of bread  
**Protease:** 6.5 oz. steak  
**Lipase:** 2.0 oz. of olive oil

These digestive enzymes adapt to their environment. For example, if you eat only two slices of bread, then, after digesting the two slices, the remaining enzyme is broken down as a protein. This is what's known as being "**amphoteric.**" Enzymes also are expensive. They account for more than **35%** of manufacturing costs -- which is why you rarely, if ever, find them in retail vitamins.

## Supplement Facts

Serving Size 4 Tablets • Servings Per Container 37

Amount Per 4 Tablets		% Daily
Vitamin A (as 50 % beta carotene & 50 % retinyl palmitate)	5,000 IU	100 %
Vitamin C (as ascorbic acid)	1,280 mg	2,133 %
Vitamin D (as water dispersible)	640 IU	160 %
Vitamin E (as d-alpha tocopheryl)	320 IU	1,067 %
Vitamin B1 (as thiamin HCl)	40 mg	2,667 %
Vitamin B2 (as riboflavin)	40 mg	2,353 %
Niacin (as niacinamide)	80 mg	400 %
Vitamin B6 (as pyridoxine HCl)	40 mg	2,000 %
Folate (as folic acid)	240 mcg	60 %
Vitamin B12 (as cyanocobalamin)	80 mcg	1,333 %
Biotin	400 mcg	133 %
Pantothenic Acid (as d-cal. pantothenate)	40 mg	400 %
Calcium (as amino acid chelate)	400 mg	40 %
Iron (as amino acid chelate)	8 mg	44 %
Iodine (as Atlantic kelp)	100 mcg	67 %
Magnesium (as amino acid chelate)	400 mg	100 %
Zinc (as amino acid chelate)	60 mg	400 %
Selenium (as amino acid chelate)	67 mcg	96 %
Copper (as amino acid chelate)	2.4 mg	120 %
Manganese (as amino acid chelate)	10 mg	500 %
Chromium (as amino acid chelate)	67 mcg	56 %
Potassium (as potassium proteate)	67 mg	2 %
Inositol	80 mg	†
Choline (as choline bitartrate)	80 mg	†
PABA (as para amino benzoic acid)	40 mg	†
Citrus Bioflavonoids	80 mg	†
Natural Diatomaceous Colloid	100 mg	†
Betain HCl	195 mg	†
Pancreatin 5X Pwd.	150 mg	†
Whey Protein Conc. (75 % Protein)	1,080 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

**Other Ingredients:** D-Calcium Phosphate, Microcrystalline cellulose, stearic acid, magnesium stearate.

**Suggested Use:** As a dietary supplement take 4-6 tablets daily.

1,000- 2,500 calories / 65 - 165 lbs 4 tablets daily

2,500 - 3,500 calories / 165-235 lbs 5 tablets daily

3,500 plus calories / over 235 lbs 6 tablets daily

This product is safety sealed for your protection. Do not use if seals are broken. To preserve optimal potency, keep cap tightly sealed and store in a cool, dry place.

This quality dietary supplement does not contain fillers, artificial ingredients, colors, flavors or preservatives.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before taking any nutritional supplement.