

Life Force Multiple No Iron

Source Naturals

Supplement Facts for tablets		
Serving Size: 2 tablets		
	Amount	%DV
Vitamin A (as beta-carotene 10,000 IU & palmitate 2,500 IU)	12500 IU	250
Vitamin C (as ascorbic acid & ascorbyl palmitate)	500 mg	840
Vitamin D-3 (as cholecalciferol)	200 IU	50
Vitamin E (as vitamin E succinate)	200 IU	670
Vitamin K	100 mcg	130
Thiamin (vitamin B-1)	50 mg	3350
Riboflavin (vitamin B-2)	50 mg	2950
Niacinamide 35 mg & Niacin 15 mg	50 mg	250
Vitamin B-6 (as pyridoxine HCl & pyridoxal-5'-phosphate [Coenzymated™])	50 mg	2500
Folate (as folic acid)	400 mcg	100
Vitamin B-12 (as methylcobalamin)	200 mcg	3340
Biotin	150 mcg	50
Pantothenic Acid (as calcium D-pantothenate & panthethine)	55 mg	550
Calcium (as calcium carbonate, malate, chelate, & citrate)	100 mg	10
Iodine (from kelp)	100 mcg	70
Magnesium (as magnesium chelate)	100 mg	25
Zinc (as zinc citrate & monomethionine [Opti-Zinc®])	15 mg	100
Selenium (as L-selenomethionine [SelenoPure™] & sodium selenite)	100 mcg	140
Copper (as copper sebacate)	1 mg	50
Manganese (as manganese citrate)	3 mg	150
Chromium (as chromium polynicotinate [ChromeMate®] & chromium picolinate)	100 mcg	80
Molybdenum (as molybdenum chelate)	100 mcg	130
Potassium (as potassium citrate)	50 mg	2
N-Acetyl Cysteine	100 mg	†
Milk Thistle Seed Extract Yielding 60 mg Silymarin	72 mg	†
gamma-E Complex	67 mg	†

Choline (as bitartrate)	50 mg	†
Inositol	50 mg	†
alpha-Lipoic Acid & R-Lipoic Acid	40 mg	†
DMAE (as bitartrate)	30 mg	†
Grape Seed Extract (Proanthodyn™)	30 mg	†
MSM (methylsulfonylmethane [OptiMSM™])	25 mg	†
Hawthorn Berry Extract (4:1)	25 mg	†
N-Acetyl-L-Tyrosine	25 mg	†
Turmeric Rhizome Extract 95%	25 mg	†
Green Tea Extract (95% polyphenols, 35% EGCG)	25 mg	†
Quercetin	25 mg	†
Coenzyme Q10	20 mg	†
Ginkgo Biloba Leaf 24% (50:1 Extract)	20 mg	†
Bilberry Standardized Extract	10 mg	†
Tocotrienol Complex (Tocomax®)	10 mg	†
Rutin	5 mg	†
Pepper Fruit Extract (Bioperine®)	3 mg	†
Lycopene	3 mg	†
Boron (as amino acid chelate)	2 mg	†
Lutein (FloraGlo®)	2 mg	†
Astaxanthin	100 mcg	†

Other Ingredients: stearic acid, acacia gum, modified cellulose gum and colloidal silicon dioxide.

Warning: Do not exceed suggested use. Not for use by pregnant or breastfeeding women. If you are diabetic, have a blood coagulation disorder or are taking any prescription medication consult your physician before using this product. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.