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## VITADAPT

COMPLETE



## SPORTS MULTIVITAMIN'

90 TABLETS

**DIETARY SUPPLEMENT** 

THE NEEDS VDS. VDAPTOGENS

## IPPLEMENT FACTS

SUPPLEMENI	FAC	
Serving Size: 3 Tablets	Servings Per Con	tainer: 30
Amo	unt per serving	%DV
Vitamin A (as beta-carotene)	1,500mcg	167%
Vitamin C (as ascorbic acid)	500mg	556%
Vitamin D (as cholecalciferol)	62.5mcg	
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	
Vitamin K (as menaquinone-7)	40mcg	
Thiamine (vitamin B1) (as thiamine mono		1250%
Riboflavin (vitamin B2)		1538%
Niacin (as niacinamide)	50mg	
Vitamin B6 (as Pyridoxal-5-Phosphate)	15mg	
Folate 668mcg DFE (400		
Vitamin B12 (as methylcobalamin)	500mcg	
Biotin	300mcg	
Pantothenic acid (as d-calcium pantothena		1500%
Calcium (as Calci-K®)	120mg	
Phosphorus (as Calci-K®)	60mg	
lodine (from kelp)	150mcg	
Magnesium (as magnesium oxide)	100mg	
Zinc (as TRAACS® zinc bisglycinate chelat		
Selenium (as selenium amino acid chelat		
Copper (as TRAACS® copper bisglycinate (		111%
Manganese (as TRAACS® manganese bisg		400/
chelate)	1mg	43%
Chromium (as chromium chloride)	60mcg	
Molybdenum (as molybdenum amino acid		
Potassium (as Calci-K®)	100mg	2%
Adaptogenic & Performance Enhancing Bl		
KSM-66® (Ashwagandha) (root)	300mg	÷
Schisandra chinensis Fruit 5:1 Extract	200mg	
Rhodiola Rosea Root Extract (std. 1% ro	savins) 150mg	_*
* Daily Value (DV) not cotablished		

OTHER MOREDIENTS: Isomalt, Dicalcium Phosphate, Modified Collulose
Guin, Vegetable Stearates, Silicon Dioxide, Hypromellose and Glycerine.
Calci-K® and TRAACS® are registered trademarks of Albion Laboratories, Inc.
KSM-66® is a registered trademark of loxoreal Biomed Inc.

**RECOMMENDED USE:** TAKE 1 SERVING (3 TABLETS) WITH YOUR FIRST MEAL OF THE DAY. FOR BEST RESULTS USE DAILY.