VITADAPT™
COMPLETE

MUSCLE & STRENGTH†

PERFORMANCE & RECOVERY†

ENERGY & VITALITY†

HEALTH & WELLNESS†

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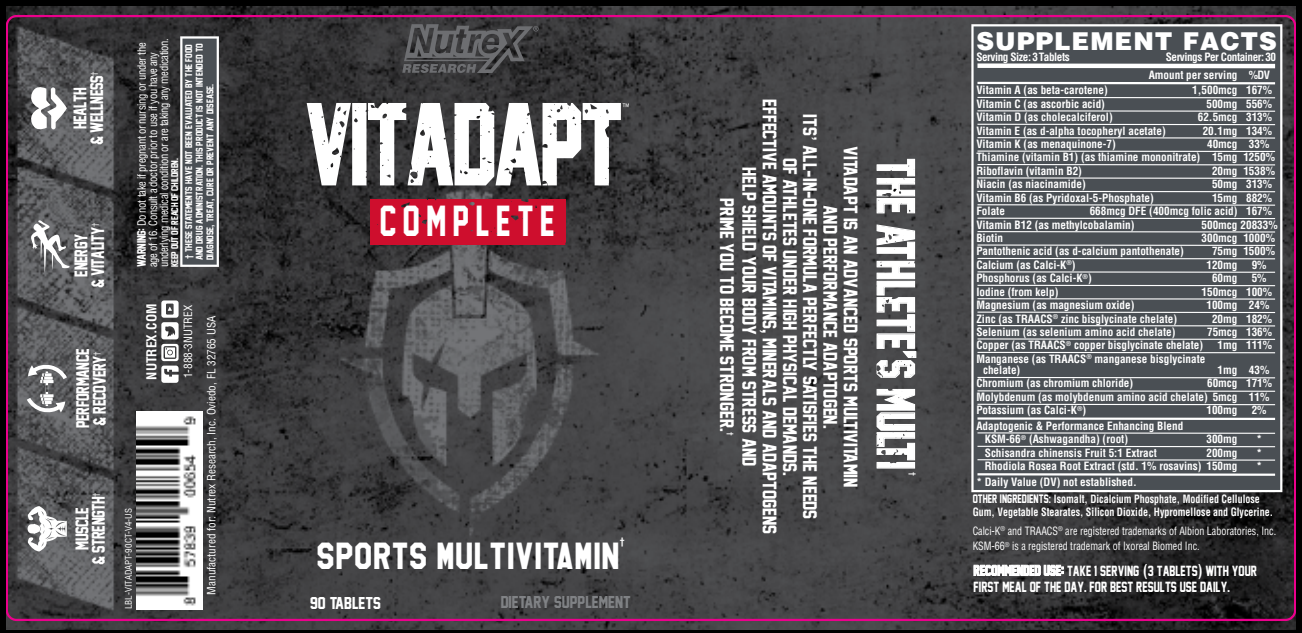
† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SUPPLEMENT FACTS

Serving Size: 3 Tablets — Servings Per Container: 30

	Amount per serving	%DV
Vitamin A (as beta-carotene)	1,500mcg	167%
Vitamin C (as ascorbic acid)	500mg	556%
Vitamin D (as cholecalciferol)	62.5mcg	313%
Vitamin E (as d-alpha tocopheryl acetate)	20.1mg	134%
Vitamin K (as menaquinone-7)	40mcg	33%
Thiamine (vitamin B1) (as thiamine mononitrate)	15mg	1250%
Riboflavin (vitamin B2)	20mg	1538%
Niacin (as niacinamide)	50mg	313%
Vitamin B6 (as Pyridoxal-5-Phosphate)	15mg	882%
Folate	668mcg DFE (400mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	500mcg	20833%
Biotin	300mcg	1000%
Pantothenic acid (as d-calcium pantothenate)	75mg	1500%
Calcium (as Calci-K®)	120mg	9%
Phosphorus (as Calci-K®)	60mg	5%
Iodine (from kelp)	150mcg	100%
Magnesium (as magnesium oxide)	100mg	24%
Zinc (as TRAACS® zinc bisglycinate chelate)	20mg	182%
Selenium (as selenium amino acid chelate)	75mcg	136%
Copper (as TRAACS® copper bisglycinate chelate)	1mg	111%
Manganese (as TRAACS® manganese bisglycinate chelate)	1mg	43%
Chromium (as chromium chloride)	60mcg	171%
Molybdenum (as molybdenum amino acid chelate)	5mcg	11%
Potassium (as Calci-K®)	100mg	2%
Adaptogenic & Performance Enhancing Blend		
KSM-66® (Ashwagandha) (root)	300mg	*
Schisandra chinensis Fruit 5:1 Extract	200mg	*
Rhodiola Rosea Root Extract (std. 1% rosavins)	150mg	*

* Daily Value (DV) not established.

OTHER INGREDIENTS: Isomalt, Dicalcium Phosphate, Modified Cellulose Gum, 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 Ixoreal Biomed Inc.

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