



Item# 67509 - 90 Caplets

## VITA FOOD™

Vita Food™ is a multi-vitamin, mineral, herbal, enzyme complex, with super green food. It is an outstanding daily vitamin to help support the immune system and general health. It was designed as the basic component of the entire line of Ancient Legacy™ products.\*

## Supplement Facts

Serving Size: 3 Caplets

Servings Per Container: 30

Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Vitamin A (as retinol palmitate and 50% from beta carotene and natural mixed carotenoids) (alpha-carotene, cryptoxanthin, zeaxanthin and lutein)	10,000 IU 200%	LifeZyme™ complex (lipase, amylase, protease, cellulose, lactase, glucoamylase, acid protease)	100 mg*
Vitamin C (ascorbic acid and buffered calcium ascorbate)	250 mg 417%	<i>Four-corners complex</i>	100 mg*
Vitamin D (cholecalciferol)	400 IU 100%	Herbs from the Americas (American ginseng root, Brazilian ginseng root (pfaffia paniculata), cat's claw root bark extract and soybean isoflavone extract)	
Vitamin E (as mixed d- and dl-alpha tocopherol esters)	200 IU 667%	Herbs from Asia	100 mg*
Thiamin (as thiamine hcl)	7.5 mg 500%	(Panax ginseng root extract, gotu kola leaf extract (brahmi), Chinese green tea leaf extract, and kudzu root isoflavone extract)	
Riboflavin	8.5 mg 500%	Herbs from Europe	100 mg*
Niacin (niacinamide)	100 mg 500%	(Horse chestnut seed, OPC-50™ standardized grape seed extract, milk thistle seed and chamomile flower extract)	
Vitamin B6 (as pyridoxine hcl)	10 mg 500%	Herbs from Africa	100 mg*
Folic acid (as folate)	400 mcg 100%	(Aloe vera 200:1 gel, devil's claw root, and buchu leaf)	
Vitamin B12 (as cyanocobalamin)	30 mcg 500%	Nutrients from the sea	100 mg*
Biotin	75 mcg 25%	(Phenalgin™ (phlorotannin extract of Canary Island algae), AquaMin™ (minerals of marine vegetable origin), pacific ocean blue-green algae (spirulina pacifica) and ulva rigida algae)	
Pantothenic acid (as d-calcium pantothenate)	50 mg 500%		
Calcium (buffered chelate and dicalcium phosphate)	165 mg 17%		
Iodine (from kelp)	150 mcg 100%		
Magnesium (as magnesium oxide and buffered chelate)	75 mg 20%		
Zinc (as zinc citrate)	15 mg 100%		
Selenium (as selenomethionine)	200 mcg 286%		
Copper (as copper gluconate)	1 mg 50%		
Manganese (as manganese gluconate)	2 mg 100%		
Chromium (as chromium dinicotinate glycinate)	150 mcg 125%		
Molybdenum (as molybdenum chelate)	25 mcg 33%		
Boron (as boron chelate)	1 mg *		
Vanadium (as BMOV)	100 mcg *		
Bioflavonoid complex (citrus bioflavonoids, quercetin, rutin)	100 mg *		

\* Daily Value not established

Other ingredients: Microcrystalline cellulose, colloidal silicon dioxide and purified water.