



Dietary Supplement

"Helping Sustain Life In An Emergency" SM

Patent Pending

Supplement Facts

Serving Size: 3 capsules daily

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	5000 IU 100%
Vitamin C (as ascorbic acid)	256 mg 427%
Vitamin D (as ergocalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%
Vitamin K (as phytonadione)	0.80 mg 100%
Thiamin (as thiamine mononitrate)	1.50 mg 100%
Riboflavin (Vitamin B2)	1.70 mg 100%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	2.0 mg 100%
Folate (as folic acid)40 mg 100%
Vitamin B12 (as cyanocobalamin)08 mg 100%
Biotin (as biotin tritrate)30 mg 100%
Pantothenic acid (as d-calcium pantothenate)	10 mg 100%
Calcium (as citrate/carbonate)	1000 mg 100%
Iron (as iron amino acid complex)	18 mg 100%
Iodine (as potassium iodide)150 mg 100%
Magnesium (as magnesium oxide)	400 mg 100%
Zinc (as amino acid chelate)	15 mg 100%
Selenium (as selenium amino acid complex)	0.07 mg 100%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as manganese amino acid chelate)	2 mg 100%
Chromium (as chromium amino acid chelate)	0.120 mg 100%
Potassium (as amino acid chelate)	3500 mg 100%

Apple pectin 63.75mg *

LifeCaps Blend, Formula and Potency are Proprietary

*Daily Value not established. Ph balance is neutral.

DV % based on a 2,000 calorie diet

Other Ingredients: Pure cane sugar, natural flavor, citric acid.