



# YOR ESSENTIAL™ VITAMIN

**Directions:** As a dietary supplement, take six (6) tablets daily, preferably with meals. Do not exceed recommended dosage. Read entire label before use.

<b>Supplement Facts</b>		
Serving Size: 6 Tablets	Servings Per Container: 28	
	Amount Per Serving	%DV**
Vitamin A (as beta carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Thiamin, B1 (as thiamin HCl)	25 mg	1667%
Riboflavin, B2	25 mg	1471%
Niacin, B3 (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	150 mcg	50%
Pantothenic Acid, B5 (as calcium pantothenate)	60 mg	600%
Calcium (as calcium citrate and dibasic calcium phosphate)	375 mg	38%
Phosphorus (as dibasic calcium phosphate)	136 mg	14%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc picolinate)	15 mg	100%
Selenium (as selenium methionine)	100 mcg	143%
Copper (as copper gluconate)	0.5 mg	25%
Manganese (as manganese aspartate)	4 mg	200%
Chromium (as chromium complex)	120 mcg	100%
Potassium (as potassium gluconate)	50 mg	1%
Spirulina	1000 mg	***
Coenzyme Q10 (CoQ10)	100 mg	***
YOR Essential Proprietary Blend	665 mg	***
Phytonutrients incl' Chlorophyll (from spirulina), Choline (as bitartrate), Citrus Bioflavonoids, Grapefruit PE, Sunflower seed oil, Inositol, Quercetin dihydrate, Rutin, Betaine HCl, Panax ginseng, RNA (ribonucleic acid), Digestive enzymes (protease, amylase, glucoamylase, lipase, cellulase, lactase, invertase, maltase), Lutein, Carotenoids, Policosanol		

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily value not established

**Other Ingredients:** Cellulose, magnesium stearate, stearic acid, silicon dioxide and food glaze.

To report product satisfaction, adverse effect or other comments please call us at: (949) 681-6088.