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Zeaxanthin is sourced from OPTISHARP®. Natural brand OPTISHARP® Natural is a trademark of DSM.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 2 times daily, with meals.

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact. Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



Longevity Nutrients

with Metafolin® L-5-MTHF; Multivitamin/mineral complex for healthy aging†

Gluten-free & Non-GMO Dietary Supplement

240 CAPSULES



Supplement Facts

Serving size 2 capsules
Servings per container 120

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D3)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg	223%
Vitamin K (as vitamin K1)	42.5 mcg	35%
Thiamin (as thiamin HCl) (B1)	5 mg	417%
Riboflavin (as vitamin B2 and 61% acylflavin 5' phosphate (activated B2))	6.35 mg	466%
Niacin (as niacin and 56% niacinamide)	22.5 mg	141%
Vitamin B6 (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B6))	5.85 mg	344%
Folate (as Metafolin® L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	1 mg	3,333%
Pantothenic acid (as calcium pantothenate) (B5)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc citrate)	75 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	200 mcg	571%
Vitamin K2 (menaquinone-7)	75 mcg	*
Boron (as boron glycinate)	1 mg	*
Vanadium (as bisglycinate oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid (thictic acid)	37.5 mg	*
MacularSynergy Extra®		
FloraGLO® lutein	5 mg	*
Zeaxanthin	1 mg	*
CognitivePro Complex®		
Bacopa (Bacopa monnieri) extract (lethal parts) (standardized to contain 20% bacosides)	50 mg	*
Ginkgo (Ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgolactones and 6% terpene lactones)	40 mg	*
Alpha-GPC	25 mg	*
(from 50 mg stabilized L-alpha-glycerophosphatidylcholine)		
Tumeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*
Cardio Polyphenol Complex®		
Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	37.5 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*

*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), calcium phosphate, ascorbyl palmitate, silicon dioxide

Contains soy

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ChromaMate® ChromeMate® brand niacin-bound chromium. ChromaMate® is a registered trademark of InterHealth, N.I.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Manufactured by: **Pure Encapsulations**
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code: **LGN2**
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