

Lifetrack® Multi-Vitamin & Mineral Supplement



Lifetrack Multi-Vitamin & Mineral Supplement Daily Nutritional Support

- Specific Blends that go beyond the typical Multi-Vitamin & Mineral Supplement
- Multizyme for completed digestion and circulatory benefits
- Activation ingredients to balance and activate all vitamins and minerals
- Supports the immune system

Be Your Own Health Advocate

At Conklin, we believe that you know best when it comes to taking care of yourself, and how important it is to gather information on your quest for good health. We encourage you to further your research by searching for these key words: Multi-Vitamin & Mineral Supplements



• *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.*



Lifetrack® Multi-Vitamin & Mineral Supplement



For Your Information

Usage

Essential Nutrition	Adult Health Maintenance	Adult Health Challenges	Children (ages 0-3)	Children (ages 4-9)	Children (ages 10-17)
Life Track Multi-Vitamin & Mineral Supplement	1 capsule 3 times daily with food	3-4 capsules daily with food	N/A	1 capsule daily with food	2-3 capsules times daily with food

As a Dietary Supplement: Take three capsules per day with food (one with each meal) or as recommended by your healthcare professional.

Supplement Facts

3 Capsules Contain:	% Daily Value
Vitamin A (vitamin A palmitate) 1,500 IU	30%
Vitamin C (magnesium ascorbate, ascorbic acid) 100 mg	167%
Vitamin D (vitamin D3) (cholecalciferol) 400 IU	100%
Vitamin E (d-alpha tocopheryl succinate) 20 IU	67%
Thiamin (Vitamin B1)(thiamin HCL) 5 mg	333%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5-phosphate) 5 mg	294%
Niacin (niacinamide) 30 mg	150%
Vitamin B6 (pyridoxine HCL, pyridoxine-5-phosphate) 10 mg	500%
Folic acid (folic acid, l-methylfolate) 200 mcg	50%
Vitamin B12 (methylcobalamin) 150 mcg	2,500
Biotin 500 mcg	167%
Pantothenic acid (calcium pantothenate) 35 mg	350%
Calcium (citrate, carbonate, pantothenate) 30 mg	3%
Magnesium (oxide, ascorbate) 45 mg	11%
Zinc (amino acid chelate) 3.7 mg	25%
Selenium (amino acid chelate) 17.5 mcg	25%
Copper (amino acid chelate) 0.3 mg	15%
Manganese (amino acid chelate) 0.6 mg	33%
Chromium (picolinate) 40 mcg	33%
Molybdenum (amino acid chelate) 20 mcg	27%
Activation Factors* 105 mg Potassium citrate, citrus bioflavonoids, rose hips, kelp, green tea extract 50% polyphenols, lutein extract 5% (marigold extract), Boron (amino acid chelate 5%), rutin, quercetin dihydrate, jerusalem artichoke, mixed tocopherols, hesperidin complex, lycopene extract 10%, Vanadium (krebs cycle chelate)	†
Clear Mind* 115 mg Choline (as choline bitartrate), GABA (gamma aminobutyric acid), Inositol, L-Threonine, L-Tryptophan, chamomile flower extract, ginkgo leaf extract 24% flavone glycosides 6% terpene lactones	†
Multizyme* 60 mg Plant enzymes (amylase 23,500 SKB, protease 58,000 HUT, lipase I & II 1,100 LU, hemicellulase 1,560 HCU, Lactase 1,155 FCC), serra peptase (enteric coated), fermented green papaya	†
Sod Complement 80 mg SOD MAX (organic carrot, organic kale, organic cabbage, organic parsley, organic fennel seed, organic spinach, organic beet root, organic broccoli), organic barley grass juice, organic alfalfa leaf, n-acetyl cysteine, lipoic acid, Other Ingredients: cellulose (capsule), rice bran (stabilized)	†



Does not contain artificial colors, preservatives, yeast, wheat, corn, dairy, egg, starch or unnecessary additives.

† Daily Value not established.

