

Supplement Facts

Serving Size: 5 Vegetarian Capsules

Servings Per Container: 30

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Vitamin A 1,500 mcg RAE	167%	Manganese (TRAACS® Manganese..... 2 mg	87%
(from mixed natural carotenoids, beta carotene, alpha carotene, lutein, zeaxanthin, cryptoxanthin)		Bisglycinate Chelate)	
Vitamin C 500 mg	556%	Chromium (polynicotinate) 150 mcg	429%
(ascorbic acid, ascorbyl palmitate)		Molybdenum (TRAACS®..... 50 mcg	111%
Vitamin D-3 (cholecalciferol)..... 75 mcg	375%	Molybdenum Bisglycinate Chelate)	
Vitamin E 267 mg	1,780%	Vitamin K2 (menaquinone-7) 150 mcg	**
(as d-alpha tocopheryl succinate plus mixed tocopherols and tocotrienols)		Zeaxanthin..... 266 mcg	**
Thiamine (B1)..... 25 mg	2,083%	[Marigold flowers extract (<i>Tagetes erecta</i>)]	
Riboflavin (B2) 25 mg	1,923%	Alpha Lipoic Acid 150 mg	**
Niacin (B3).....25 mg NE	156%	Wild Blueberry 10:1 Extract (fruit)..... 100 mg	**
Vitamin B-6 (pyridoxine HCl) 25 mg	1,471%	Green Tea (leaf)..... 100 mg	**
Folate (l-methylfolate, Metafolin®) 1,333 mcg DFE	333%	L-Glycine 100 mg	**
Vitamin B-12 (methylcobalamin)..... 500 mcg	20,833%	Pomegranate (fruit)..... 100 mg	**
Biotin 300 mcg	1,000%	Bilberry fruit Extract..... 50 mg	**
Pantothenic Acid 25 mg	500%	(standardized to 25% anthocyanins)	
(calcium pantothenate)		Grape Seed Extract..... 50 mg	**
Iodine (potassium iodine) 150 mcg	100%	Olive Extract (fruit) 50 mg	**
Magnesium (TRAACS® Magnesium 200 mg	48%	Coenzyme Q-10 30 mg	**
Bisglycinate Chelate buffered with magnesium oxide)		L-Glutathione (reduced)..... 10 mg	**
Zinc (TRAACS® Zinc Bisglycinate 15 mg	136%	Lycopene..... 10 mg	**
chelate)		<i>trans</i> -Resveratrol 10 mg	**
Selenium (selenium glycinate 150 mcg	273%	(<i>Polygonum cuspidatum</i> root extract)	
chelate)		Lutein [Marigold flowers extract (<i>Tagetes erecta</i>)] 6 mg	**
Copper (TRAACS® Copper..... 0.5 mg	56%	Multi-Strain Probiotic Blend 2.5 Billion viable CFU***	
Bisglycinate Chelate)		containing	
		<i>B. bifidum</i> 1 Billion CFU	**
		<i>L. rhamnosus</i> 1 Billion CFU	**
		<i>S. thermophilus</i> 500 Million CFU	**

*% Daily Values (DV) are based on a 2,000 calorie diet **Daily Value not established ***At the time of encapsulation

Other ingredients: vegetable cellulose (capsule), vegetable stearate, rice flour



Dr. Carlston's

Multiple
Vitamin
Mineral

Version 5
Now with
probiotics

150 Vegetarian Capsules
Dietary Supplement

Gluten Free
Non-GMO

Contains: fish (tilapia)

Manufactured to strict cGMP standards.
All ingredients quality confirmed for
identity and potency.

Manufactured for:
Michael Carlston, MD
Santa Rosa, California 95405
Phone: (707) 545-1554

This product contains NO milk/dairy, yeast,
wheat, gluten, soy protein, tree nuts, peanuts,
corn, sodium, sugar, starch, artificial coloring,
preservatives or flavoring.

Suggested Usage: As a dietary supplement,
adults take 5 vegetarian capsules daily or as
directed by your healthcare professional.

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

TRAACS® is a registered trademark of Albion Labs, Inc.

Keep out of reach of children.

For optimal storage conditions, store in a
cool, dry place. (59°-77°F/15°-25°C) (35-65%
relative humidity) Tamper resistant package.
Do not use if outer seal is missing.

