

ROYAL CREST




Contains:
137 POWERFUL NUTRIENTS


Energy/Maintenance Formula*


A COMPLETE "HI-POTENCY" VITAMIN & MINERAL SUPPLEMENT


Serving Size: One Packet **SUPPLEMENT FACTS**


Each Packet Contains: %DV

	BETA CAROTENE (VITAMIN A) The red soft-gel capsule contains: Beta Carotene (Vitamin A) 10,000 I.U. 200
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	SUPER B-COMPLEX 25 The orange tablet contains: Vitamin B-1 (Thiamine HCL) 25 mg 1,666 Vitamin B-2 (Riboflavin) 25 mg 1,470 Vitamin B-6 (Pyridoxine HCL) 25 mg 1,250 Vitamin B-12 (Cyanocobalamin) 25 mcg 417 Niacin & Niacinamide 30 mg 150 Pantothenic Acid 25 mg 250 Folic Acid 400 mcg 100 Biotin 25 mcg 8 Choline (Bitartrate) 25 mg ** Inositol 25 mg ** PABA (Para Aminobenzoic Acid) 25 mg ** In a base containing: wheat grass, green barley grass, alfalfa grass, Atlantic kelp, spirulina blue green algae, spinach, kale, broccoli, rice bran, oat bran, flaxseed and soya lecithin (CONTAINS NO YEAST).
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	BUFFERED C-COMPLEX 500 The beige tablet contains: Vitamin C (Ascorbic Acid) 250 mg 416 Rose Hips 100 mg ** Quercetin & Lemon Bioflavonoids 55 mg ** Hesperidin 25 mg ** Rutin 25 mg ** Calcium (Carbonate) 50 mg 5 (Buffered with calcium carbonate for those with sensitive stomachs) In a base containing the following fruits: mango, acerola cherry, camu camu, pomegranate, goju berry, papaya, red guava, orange and pineapple.
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	VITAMIN E COMPLEX 200 The gold soft-gel capsule contains: Vitamin E (100% Natural) 200 I.U. 666 Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols
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	BONE SUPPORT CALCIUM* The white tablet contains: Calcium Complex Blend (elemental) 500 mg 50 Derived from 6 types of "highly absorbable" Calcium: • Calcium Carbonate • Calcium Citrate • Calcium Aspartate • Calcium Phosphate • Calcium Lactate • Calcium Gluconate Magnesium (Oxide) 150 mg 37 Boron (Citrate) 1 mg ** Silica (Silicon Dioxide) 5 mg ** Vitamin D ₃ (Cholecalciferol) 50 I.U. 12
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DIRECTIONS: TAKE ONE PACKET DAILY WITH A MEAL.


Use only as directed. **WARNING:** Consult a physician before using if you are pregnant, nursing a baby, taking medications, have heart disease, or any other known medical condition. Dietary supplements can affect the way medicines work. **KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.**

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

	NUTRITIONAL GREENS (W) LUTEIN The green tablet contains: Antioxidant Rich - Disease Fighting Phyto-Nutrients A special blend of Cruciferous Greens 660 mg ** Alfalfa Grass 100 mg ** Lutein 5% 25 mcg** Wheat Grass 100 mg ** Lycopene 5% 25 mcg** Green Barley Grass 100 mg ** Red Beet Root 10 mg ** Chlorella Algae 100 mg ** Dandelion Root 10 mg ** Spirulina Algae 100 mg ** Broccoli Flowers 10 mg ** Atlantic Kelp 25 mg ** Chinese Parsley 10 mg ** Aloe Vera Leaf 25 mg ** Green Spinach 10 mg ** Green Kale 10 mg ** Brussel Sprouts 10 mg ** Green Cabbage 10 mg ** Swiss Chard Leaf 10 mg ** Celery Seed 10 mg ** Black Radish Root 10 mg **
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	VITAMIN B-12 500 The pink tablet contains: Vitamin B-12 (cyanocobalamin) 500 mcg 8,334 Calcium Phosphate 141 mg 14
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	MINERAL COMPLEX 500 The gray tablet contains: Calcium (Carbonate & Citrate) 250 mg 25 Magnesium (Oxide) 125 mg 31 Iron (Amino Acid Chelate) 9 mg 50 Iodine (Atlantic Kelp) 75 mcg 50 Copper (Amino Acid Chelate) 1 mg 50 Zinc (Amino Acid Chelate) 25 mg 166 Manganese (Amino Acid Chelate) 5 mg 250 Potassium (Potassium) 50 mg 1.4 Chromium Picolinate (Chromax® - Nut 21) 20 mcg 17 Selenium (Selenium Yeast) 25 mcg 36 Betain HCL (Enzyme) 25 mg ** Vitamin D ₃ (Cholecalciferol) 500 I.U. 125
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62 COLLOIDAL TRACE MINERALS 12.5mg** Includes the following naturally occurring elements				
Silicon	Cerium	Vanadium	Iodine	Europium
Aluminum	Cesium	Lithium	Tantalum	Dysprosium
Calcium	Barium	Nickel	Terbium	Molybdenum
Potassium	Thorium	Copper	Tellurium	Gadolinium
Sodium	Rubidium	Samarium	Thalium	Lanthanum
Nitrogen	Sulphur	Scandium	Tin	Cobalt
Iron	Niobium	Zinc	Ytterbium	Tungsten
Magnesium	Chlorine	Selenium	Beryllium	Zirconium
Carbon	Erbium	Boron	Bismuth	Praseodymium
Phosphorus	Chromium	Bromine	Silver	Neodymium
Manganese	Uranium	Thulium	Lutetium	
Titanium	Gallium	Hafnium	Strontium	
Yttrium	Holmium	Gold	Fluorine	

** Daily Value (DV) not established
OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, silica, silicon dioxide, magnesium stearate, sodium starch, glycolate, maltodextrin, ethylcellulose, acacia gum, guar gum, hydrolyzed barley protein, glycerin, soybean oil, soya lecithin, corn starch, polyethylene glycol, titanium dioxide, chlorophyll, gelatin, FD&C blue 2, yellow 5 & 6, red 40 lake, aqueous film coating. CONTAINS WHEAT.

DAILY VITAMIN PACKET

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