

# the 'Extraordinary Super Multivitamin' for all of the family



3-6  
per day



1-3  
per day



1-2  
per day



x130  
nutrients

NEW  
formula

- All-in-one blend of x130 important nutrients
- Covers all of the most important vitamins, trace minerals & elements, electrolytes and amino acids
- Unique and super formulation from Good Health Naturally
- Contains Folate MTFH, the same as found in nature and not Folic Acid, which does not absorb correctly and is synthetic
- Each nutrient carefully selected
- Most powerful and economical multivitamin available
- x180 veggie caps
- Suitable for all the family



ROBERT REDFERN: "I recommend Active Life to everyone because it is the complete 'multi' for the whole family."

# SUPPLEMENT FACTS

SERVING SIZE: 6 Vegetable Capsules  
SERVINGS PER CONTAINER: 30

Ingredient	Amount per Serving	% Daily Value
Vit A ( palmitate / 10% Natural Beta-Carotene)	5000IU	100%
Vit C	500mg	833%
Calcium (from DiCalcium Phospahte)	100mg	10%
Vit D3 (from Cholecalciferol)	400IU	100%
Vit E (as Natural d-Alpha Tocopheral Acetate + Mixed Tocopherols)	400IU	1,333%
Vit K2 (K2 - Menaquione)	80mcg	100%
Vit B1 (Thiamin)	10mg	666%
Vit B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80mg	400%
Vit B6 (from Pyridoxine Hydrochloride)	10mg	500%
Folate (as(6S)-5-methyltetrahydrofolic acid) ( equivalent to 1600 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt****)	800mcg	200%
Vit B12 (from Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vit B5 (from Pantothenic Acid)	20mg	200%
Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)	191mg	19%
Iodine (from Potassium Iodide)	150mcg	100%
Zinc (from L-OptiZinc®)*	25mg	166%
Selenium (from Selenomethionine)	200mcg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	<1%
Potassium (from DiCalcium Phosphate)	250mg	7%
Potassium (33% as Amino Acid Chelate)	250mg	5%
Boron (from Boron Citrate)	1mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals (77 trace minerals elements, electrolytes and 18 amino acids)	200mg	*
Inositol	40mg	*
Lutein (from the Marigold flower-ZanMax®)	20mg	*
Zeaxanthin (from the Marigold flower-ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-Taurine	400mg	*

\* Daily Value not established

\* L-OptiZinc® brand of zinc mono-L-methionine sulfate

Other ingredients: Vegetable cellulose (capsule) and medium chain triglycerides

\*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.

L-OptiZinc® is a registered trademark of InterHealth N.I.

\*\*\*\*This product uses Gnosis SpA's (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

