

# Formula 2 Multivitamin Complex

**A DAILY MULTIVITAMIN FOR LONG-TERM GOOD HEALTH.\***

## KEY BENEFITS

- Essential nutrients and antioxidants for health and vitality.\*
- Supports healthy weight management.\*
- Helps maintain the health of bones, skin, hair and the immune system.\*

Stress, a poor diet and exposure to pollutants can rob your body of essential nutrients. As a result, you may look and feel tired, get sick easily or have difficulty losing excess weight. Formula 2 Multivitamin Complex supplies a range of important vitamins and minerals, plus select herbs, to promote overall well-being.\*

## FAST FACTS

- Includes antioxidant vitamins C, E, beta-carotene and selenium, to help protect the cells from free-radical damage.\*
- Folic acid, vitamin B6 and vitamin B12 promote vascular health, as part of a well-balanced diet that is low in saturated fat and cholesterol.\*
- Public health authorities recommend that women consume 0.4mg folic acid daily from fortified foods or dietary supplements, or both, to reduce the risk of neural tube defects.\*

## SUGGESTED USAGE

Take one tablet three times a day with meals. Use with Formula 1 Nutritional Shake Mix and Formula 3 Personalized Protein Powder on your ShapeWorks™ program.

\* 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.



## SUPPLEMENT FACTS

**Serving Size: 1 Tablet**

**Servings per container: 90**

	Amount per serving	%DV**
Vitamin A (50% as retinyl acetate and 50% as beta carotene)	1667 IU	33%
Vitamin C (as ascorbic acid)	50 mg	83%
Vitamin D (as cholecalciferol)	133 IU	33%
Vitamin E (as dl-alpha tocopheryl acetate)	10 IU	33%
Thiamin (as thiamine hydrochloride)	6.7 mg	445%
Riboflavin	8.3 mg	488%
Niacin (as niacinamide)	33.3 mg	166%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as folic acid)	133 mcg	33%
Vitamin B12 (as cyanocobalamin)	2 mcg	33%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	6.7 mg	67%
Calcium (as calcium carbonate)	167 mg	17%
Iron (as ferrous fumarate)	2 mg	11%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as magnesium oxide)	67 mg	17%
Zinc (as zinc gluconate)	5 mg	33%
Selenium (as selenomethionine)	17 mcg	24%
Copper (as copper gluconate)	0.5 mg	25%
Manganese (as manganese gluconate)	1.7 mg	85%
Chromium (as chromium GTF, nicotinate and picolinate)	33 mcg	28%
Potassium (as potassium gluconate and glycerophosphate)	30 mg	<1%
Vanadium (as vanadium amino acid chelate)	2 mcg	†
Herbal Blend	16 mg	†
Choline Bitartrate, Inositol, Bee Pollen, Broccoli, Cabbage, Carrot, Cauliflower, Citrus Bioflavonoids, Fungal Enzymes, Garlic, Licorice (root), Limonene, Polyoids™ and Spinach.		

\*\* Percent Daily values are based on a 2,000-calorie diet.

† Daily Value (DV) Not Established.

**Suggested Serving:** Take one tablet three times a day with meals.

**For Maximum Results:** Combine with ShapeWorks™ Formulas 1 Nutritional Shake Mix and Formula 3 Personalized Protein Powder.

**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.

**Other Ingredients:** Stearic Acid, Silicon Dioxide, Croscarmellose Sodium, Magnesium Stearate, Cellulose, Microcrystalline Cellulose, Betaine, Hydrochloride, Para Amino Benzoic Acid, Carnauba Wax, Shellac and Ethyl Cellulose.

## ORDERING DETAILS

**#3115 \$19.95**

**#3113 \$19.95 (Kosher)**

90 tablets per bottle