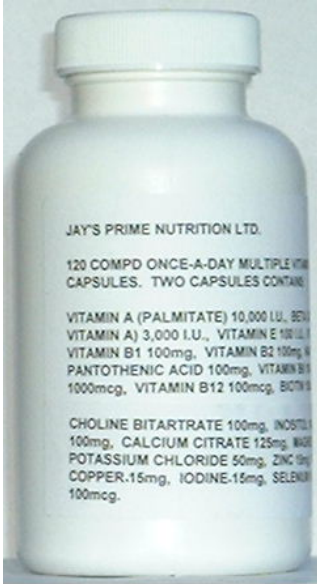


JAY'S PRIME NUTRITION LTD.

Once-A-Day Multiple Vitamin and Mineral Capsules designed for teenagers and men.



Ingredients (per each 2 capsules):

VITAMIN A (PALMITATE) 10,000 I.U.
BETA CAROTENE (PRO VITAMIN A) 3,000 I.U.
VITAMIN E 100 I.U.
VITAMIN C 200mg
VITAMIN B1 100mg
VITAMIN B2 100mg
NIACIN B3 50mg
PANTOTHENIC ACID 100mg
VITAMIN B6 100mg
FOLIC ACID 1000mcg
VITAMIN B12 100mcg
BIOTIN 100mcg

CHOLINE BITARTRATE 100mg
INOSITOL 100mg
DL METHIONINE 100mg
CALCIUM CITRATE 125mg
MAGNESIUM CITRATE 100mg
POTASSIUM CHLORIDE 50mg
ZINC 15mg
MANGANESE 15mg
COPPER 15mg
IODINE 15mg
SELENIUM 100mcg
CHROMIUM 100mcg

Recommended Dosage: Take 2 capsules daily or as directed.

Available from

[Dr. Ingrid Pincott, ND](#)

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