



#### YouVeda™ Multi-Vitamin Supplement Facts

Serving Size: 1 Vegan capsule (delayed release) | Servings per Kit 30

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate, beta carotene) (2,500 IU)	750 mcg RAE	839
Vitamin C (as ascorbic acid, ascorbyl palmitate)	225 mg	2509
Vitamin D3 (as cholecalciferol) Vegan (500 IU)	12.5 mcg	639
Vitamin E (as d-alpha tocopheryl acetate) (15 IU)	10 mg	679
Vitamin K2 (as menaquinone MK7)	50 mcg	429
Vitamin B1 (as thiamine hydrochloride)	10 mg	8339
Vitamin B2 (as riboflavin 5 phosphate)	10 mg	7699
Vitamin B3 (as niacin, niacinamide)	20 mg	1259
Vitamin B6 (as pyridoxal 5 phosphate)	10 mg	5889
Folate (as Quatrafolic* (6S) 5-methyltetrahydrofolate, glucosamine salt) 400 mcg	666 mcg DFE	1679
Vitamin B12 (as methylcobalamin)	250 mcg	104179
Biotin	1 mg	3339
Vitamin B5 (from calcium pantothenate)	50 mg	10009
Calcium (from calcium citrate)	25 mg	29
lodine (from potassium iodide)	75 mcg	509
Magnesium (from magnesium oxide)	25 mg	69
Zinc (from zinc bisglycinate chelate)	7.5 mg	689
Selenium (from I-selenomethionine)	35 mcg	649
Copper (from copper bisglycinate chelate)	500 mcg	569
Manganese (from manganese bisglycinate chelate)	1 mg	439
Chromium (from chromium nicotinate glycinate chelate)	50 mcg	1439
Molybdenum (from molybdenum nicotinate glycinate chelate)	50 mcg	1119
Proprietary Multi Support Blend	44 mg	

Aprila Lipiti., Joint Extract, Seabucktion Fruit Extract, Shilajeet (mineral pitch) Extract, Trikatu Extract Blend (Ginger Root Extract, Long Pepper Fruit Extract and Black Pepper Fruit Extract), Glutathione (reduced), Lutein and Lycopene.

Other ingredients: Vegan Delayed Release Capsule (hypromellose, gellan gum and water). Quatrefolic® is a registered Trademark of Gnosis S.p.P Patent No. 7,974,662.

### YouVeda™Ayurvedic Mood & **Stress Support Supplement Facts**

Serving Size: 4 Vegan capsules Servings per kit: 30

Support Blend

	Amount Per Serving	%DV**
Proprietary Mood	2,300 mg	***

Ashwaganda (root) extract, Velvet Bean (seed) extract, Bindweed (leaf) extract, Gotu Kola (herb) extract, Magnolia (bark) extract, Rhodiola (root) extract, Bacopa (leaf) extract, Shilaieet (mineral pitch) extract, L-Theanine, Saffron (flower) extract.

\*\* Percent Daily Values (DV) are based on a 2,000 Calorie diet. \*\*\* Daily Value not established.

Other ingredients: Vegan capsule (hypromellose and water), magnesium stearate (vegetable source), tapioca starch and silicon dioxide.

Allergen Warning: YouVeda™ Multi-Vitamin contains ingredients derived from soy.

ning: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken

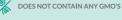
\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



100% VEGAN



DAIRY, EGG & WHEAT FREE



**GLUTEN FREE** 

# SUGGESTED USE:

KEEP IN A COOL, DRY PLACE. AVOID STORING IN DIRECT SUNLIGHT



Manufactured in FDA Registered Facilities.



Manufacturing, packaging and testing performed in accordance to Good Manufacturing Practices.



Manufactured In The USA.

## Distributed by YouVeda, LLC

Dallas, TX 75024.

For any questions, comments or concerns email us at customerservice@youveda.com or call us at: 1-855-YOU-VEDA (968-8332) www.youveda.com







