



# DAILY BEST™

- **Daily Best™ is a balanced, high potency, one a day multiple vitamin/mineral supplement for adults, in a base of herbs.**
- **Why Daily Best™?**
  - Over 35 nutrients
  - Most complete one a day formula available
  - Based on sound biochemical and nutritional guidelines
  - Focuses on completeness, potency and bioavailability
  - Convenient and economical
- **Daily Best™ offers vital nutrients for :**
  - Bone health by providing adequate dietary intake of all the B Vitamins along with Vitamin D, calcium, magnesium, boron, silicon (from pectin) and zinc.
  - Cardiovascular health by providing magnesium, Vitamins A, C, E, Beta Carotene and a complete B Vitamin complex. These nutrients support homocysteine balance.\*
  - Metabolic function such as balanced blood glucose levels which is supported by Vitamins C, E, B6, B12, Niacin and Biotin as well as chromium, magnesium and manganese.\*
  - Antioxidant support due to Vitamins A, C, E, Beta Carotene and bioflavonoids (mixed citrus bioflavonoids and Hesperidin) which increase the effectiveness of Vitamin C by 50%.\*
  - Lipotropic factors like Choline and Inositol which support fat metabolism and myelin sheath health.\*

Iodine (from kelp)	75 mcg
Magnesium	50 mg
Zinc	10 mg
Selenium	20 mcg
Copper	0.25 mg
Manganese	2 mg
Chromium (as Cr Polynicotinate)†	20 mcg
Molybdenum	10 mcg
Potassium	30 mg
Boron	1 mg
Choline	60 mg
Inositol	60 mg
PABA (para-aminobenzoic acid)	60 mg
Mixed Citrus Bioflavonoids	50 mg
Hesperidin	10 mg
Pectin	25 mg
Betaine HCl	20 mg
Alfalfa Leaf	5 mg
Chamomile	5 mg
Rosehips	5 mg
Red Raspberry	5 mg
Parsley Leaf	5 mg

†ChromeMate® brand niacin-bound chromium.  
 Other Ingredients: stearic acid, microcrystalline cellulose, silica, vegetable stearate, guar gum, hydroxypropyl methylcellulose, talc.

- **Contains: Soy.**

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If pregnant or nursing, consult your health care practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 tablet daily with breakfast.

ChromeMate® is a registered trademark of InterHealth N.I.



0600188.060 (60 Tablets)

## Supplement Facts

**Serving Size: 1 Tablet**

### Amount Per Serving:

Vitamin A (4000 IU as vitamin A palmitate and 10000 IU as beta-carotene)	14000 IU
Vitamin C	300 mg
Vitamin D2 (ergocalciferol)	400 IU
Vitamin E (as d-alpha tocopheryl succinate)	120 IU
Thiamin	60 mg
Riboflavin	60 mg
Niacin (as Niacinamide)	60 mg
Vitamin B6	60 mg
Folic Acid	400 mcg
Vitamin B12	60 mcg
Biotin	150 mcg
Pantothenic Acid	60 mg
Calcium	100 mg
Iron	10 mg

\*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

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