

## LEANMULTI

LEAN MULTI is an iron-free supplement rich in vitamins and minerals for the maintenance of energy and the preservation of good health. When taken properly, a daily dose of vitamins and minerals can assist the immune system, provide nutritional support, and replace elements commonly lost through dieting.

Note: Supplements do not replace proper nutrition, and should be taken with a meal.

## **Supplement Facts**

Serving Size: 1 Tablet

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Vitamin A (from palmitate & beta carotene)	5,500 IU
Vitamin C (from ascorbic acid)	60 mg
Vitamin D (from ergocalciferol)	400 IU
Vitamin E (from d-Alpha tocopheryl acetate)	3 IU
Thiamine	3.5 mg
Riboflavin	2.4 mg
Niacin (from niacinamide)	12 mg
Vitamin B6 (from pyridoxine HCl)	0.6 mg
Vitamin B12 (from cyanocobalamin)	1.6 mcg
Biotin	3 mcg
Vitamin B5 (from d-calcium pantothenate)	3.5 mcg
Calcium (from dicalcium phosphate)	110 mg
Phosphorus	85 mg
Magnesium	5 mg
Zinc (from zinc sulfate)	0.2 mg
Copper (from copper sulfate)	50 mcg
Manganese (from manganese sulfate)	50 mcg
Potassium (from potassium sulfate)	6 mg
Wheat Germ	10 mg
Choline Bitartrate	5 mg
Inositol	5 mg
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In a proprietary blend of Ashwagandha, Citrus Bioflavavoids, Brewer's Yeast, Omega 3 Powder (fish oil), Valerian Root, Rhodiola Extract, & Astragalus powder.

PABA

Other ingredients: Microcrystalline cellulose, silicon dioxide, perkasil, stearic acid, magnesium stearate, croscarmellose sodium, Opadry II Brown Y-22163.

No sugar or starch additives.

Allergen Information: Contains Oat Bran (OATS), Green Lipid Mussel (FISH).

**Suggested Use:** As a dietary supplement, take one (1) tablet daily with food, or as directed by your healthcare practitioner.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF THE REACH OF CHILDREN.

## Pharmaceutical Grade and Therapeutically Dosed

Distributed by LeanMD 2301 Camino Ramon, Suite 180 San Ramon, California 94583

\*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.

5 mg

20 mg