

Dr. Powers – Mature Essentials MAX

Combined Supplement Facts

Name of product:

- (1) *Citrus C Capsules*
- (1) *K2 D3 5000 Capsules*
- (2) *Liver Detox Support Capsules*
- (2) *Magnesium Chelate Capsules*
- (1) *Mineral Complex Capsules*
- (1) *Multi without Iron Capsules*
- (1) *Omega Oil Mono 1300 Softgels*
- (2) *Probiotic Immune Capsules*
- (1) *Q10 Fish Oil 100 mg Softgels*
- (1) *Ultimate E Softgels*
- (1) *Vitamin A 3000 Capsules*

	Amount per Serving	%DV
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	560.00 mcg	62%
Vitamin A (as retinyl palmitate)	3,000 mcg	333%
Vitamin C (ascorbic acid)	500.00 mg	555%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	62.50 mg	69%
Calcium (as di-calcium malate, d-calcium pantothenate, and calcium ascorbate)	25.00 mg	1%
Calcium (as tricalcium phosphate and calcium-d-glucarate)	75.00 mg	5%
Calcium (dicalcium malate and calcium bisglycinate chelate)	75.00 mg	5%
Vitamin D3 (cholecalciferol)	5,050.00 IU	1262%
Vitamin E (as d-alpha tocopheryl succinate)	33.50 mg	223%
Vitamin E (as d-alpha tocopherol)	33.50 mg	223%
Thiamin (as thiamine mononitrate)	5.00 mg	416%
Riboflavin (as riboflavin 5'-phosphate sodium)	5.00 mg	384%
Niacin (as niacinamide and niacin)	16.00 mg	100%
Vitamin B6 (as pyridoxal 5'-phosphate)	5.00 mg	294%
Folate (as 6(S)-5-methyltetrahydrofolic acid, glucosamine salt and folic acid)	170.00 mcg	42%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200.00 mcg	50%
Vitamin B12 (as methylcobalamin)	38.50 mcg	1604%
Vitamin K2 (as menaquinone-7)	90.00 mcg	75%
Biotin	250.00 mcg	833%
Pantothenic Acid (as d-calcium pantothenate)	50.00 mg	1000%
Iodine (as potassium iodide)	62.50 mcg	41%
Magnesium (as di-magnesium malate and magnesium lysyl glycinate chelate)	50.00 mg	11%
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	250.00 mg	59%
Magnesium (as di-magnesium malate)	25.00 mg	5%

	Amount per Serving	%DV
Zinc (as zinc bisglycinate chelate)	10.75 mg	97%
Selenium (as methylselenocysteine)	15.00 mcg	27%
Selenium (as selenium glycinate complex)	55.00 mcg	100%
Copper (as copper bisglycinate chelate)	1.00 mg	111%
Manganese (as manganese bisglycinate chelate)	1.13 mg	48%
Chromium (as chromium nicotinate glycinate chelate)	162.50 mcg	464%
Molybdenum (as molybdenum glycinate chelate)	37.50 mcg	83%
Potassium (as potassium glycinate complex and potassium ascorbate)	24.75 mg	1%
Potassium (as potassium glycinate complex)	25.00 mg	**
Betaine HCl	100 mg	**
Choline (as choline dihydrogen citrate)	9.00 mg	1%
Citrus Bioflavonois Complex (Citrus aurantium)(skin)(50% citrus bioflavonoids)	500.00 mg	**
Coenzyme Q10 (as ubiquinone)	100.00 mg	**
LactoSpore® Bacillus coagulans MTCC5856	10.00 mg	**
MaxSimil® Fish Oil Concentrate	1,800.00 mg	**
Milk Thistle Extract (Silybum marianum) (seed)(80% silymarin)	100.00 mg	**
EVNol SupraBio™ Bio-Enhanced Full Spectrum Tocotrienol/Tocopherol Complex	164.50 mg	**
pTeroPure® trans-Pterostilbene	15.50 mg	**
Quercetin (as quercetin dihydrate)(from Dimorphandra mollis)(bud)	50.00 mg	**
N-Acetyl-L-Cysteine	100.00 mg	**
PABA (para-aminobenzoic acid)	3.25 mg	**
DHA (docosahexaenoic acid)	360.00 mg	**
DHQvital™ Dihydroquercetin (from Larch Tree Extract)(Larix dahurica, Larix gmelinii, Larix sibirica ledeb., Larix cajanderi, Larix czekanowskii, Larix russica, Larix sukaczewii)(saw logs)	5.00 mg	**
DIM (diindolylmethane)	75.00 mg	**
DPA (docosapentaenoic acid)	25.00 mg	**
EPA (eicosapentaenoic acid)	830.00 mg	**
Green Tea Aqueous Extract (Camellia sinensis)(leaf)(80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	250.00 mg	**
IgY Max™ Hyperimmunized Egg Powder	1,000.00 mg	**
Inositol	9.00 mg	**
Alpha Lipoic Acid	100.00 mg	**
BioPerine® Black Pepper Extract (Piper nigrum)(fruit)	5.00 mg	**
Calcium-D-Glucarate	250.00 mg	**
Total Mixed Tocopherols	125.00 mg	**
Total Omega-3 Fatty Acids	1,208.00 mg	**
trans-Resveratrol (as Polygonum cuspidatum root extract)	18.50 mg	**
truebroc® Glucoraphanin (from broccoli extract)(Brassica oleracea italica)(seed)	15.00 mg	**
Turmeric Extract (Curcuma longa)(root)(95% curcuminoids)	50.00 mg	**
Lithium (as lithium orotate)	125 mcg	**

	Amount per Serving	%DV
Vanadium (as vanadium nicotinate glycinate chelate)	202.50 mg	**

Percent Daily Values (DV) are based on a 2,000 calorie diet

**Daily Value (DV) not established.