

SUPPLEMENT FACTS CONT.

	Amount per serving	% USRDA
Zinc (gluconate/sulfate)	30 mg	200%
Chromium (polynicotinate/chloride)	300 mcg	250%
Selenium (l-selenomethionine)	200 mcg	288%
Manganese (gluconate)	10 mg	500%
Molybdenum (chelate)	75 mcg	100%
Iodine (kelp/potassium iodine)	150 mcg	100%
Vanadium (vanadyl sulfate)	150 mcg	**
Boron (chelate)	10 mg	**
Copper (gluconate)	2 mg	**
Inositol	200 mg	**
Dimethylglycine (DMG)	25 mg	**
Grape Seed Extract (95% OPC)	25 mg	**
Bioflavonoid (rutin/querucitin)	500 mg	**
PABA (para amino benzoic acid)	30 mg	**
Polyfloramin (extract of Clark Minerals) *	1,000 mcg	**

Amino Acid Profile

110 mg

I-Alanine, I-Arginine, I-Aspartic Acid, I-Cysteine, I-Glutamine, I-Glycine, I-Histidine, I-Isoleucine, I-Leucine, I-Lysine, I-Methionine, I-Phenylalanine, I-Proline, I-Serine, I-Threonine, I-Tyrosine, I-Valine.

* Polyfloramin is a plant derived source of over 70 different trace minerals. These minerals are often not found in the human diet and are grossly deficient in foods. Many of these so-called minor minerals have been known to benefit us by not only working hand in hand with the major nutrients in this product but the foods you eat. Polyfloramin is supplied to Don Lemmon under an exclusive agreement with the source itself.

• Percent daily values based on a 2,000 calorie diet

** No Daily Value Established

Don Lemmon's
All Natural
Balanced
Multi-Nutrient

Over 100 Nutrients in Every Capsule
Vitamins, Minerals, Anti-Oxidants & MORE!

Contains NO HIDDEN Ingredients
No Fillers • No GMOs • No Toxins
No Sugars • No Chemicals • No Starch

www.perfectvitamin.com

USP Grade Dietary Supplement
180 Capsules • 30 Day Supply



SUPPLEMENT FACTS

Amount per serving: 6 capsules

Servings per container: 30

	Amount per serving	% USRDA
Vitamin A (as Beta Carotene)	7,500 IU	150%
Vitamin C (calcium ascorbate)	500 mg	555%
Vitamin B1 (thiamine mononitrate)	20 mg	1,333%
Vitamin B2 (riboflavin)	07 mg	411%
Vitamin B3 (niacinimide)	50 mg	250%
Vitamin B5 (d-calcium pantothenate)	100 mg	1,000%
Vitamin B6 (pyridoxine HCL)	20 mg	1,000%
Vitamin B12 (cyanocobalamin)	400 mcg	6,666%
Biotin	300 mcg	100%
Choline (bitartrate)	450 mg	100%
Folate (folic acid)	400 mcg	100%
Vitamin D (cholecalciferol)	300 IU	75%
Vitamin E (tocopherol blend)	200 IU	500%
Vitamin K (phytonadione)	50 mg	63%
Calcium (citrate/chelate)	500 mg	50%
Magnesium (citrate/chelate)	450 mg	100%
Phosphorous (di calcium phosphate)	100 mg	10%
Chloride (chelate)	34 mg	1%
Iron (chelate)	04 mg	22%

Suggested Directions: Take 1 or 2 capsules with each meal daily.

These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.