

Nutritional Information - Full Performance Fitness Inc.

1st Step for Energy - Liquid Multi-Vitamin

Supplement Facts		
Serving Size: 1 oz.(30ml) Servings per container: 16		
Amount Per Serving		% daily Value
Calories	8	
Calories from Fat	0	
Total Fat	0	
Saturated Fat	0	
Cholesterol	0	
Sodium	5mg	2%
Sugars	2g	
Vitamin A (Beta Carotene)	7,500 IU	150%
Vitamin B-1 (Thiamine)	2.25 mg	150%
Vitamin B-2 (Riboflavin)	2.55 mg	150%
Vitamin B-3 (Niacin)	33 mg	150%
Vitamin B-5 (Pantothenic Acid)	15 mg	150%
Vitamin B-6 (Pyrodixine)	3 mg	150%
Vitamin B-12	9 mcg	150%
Vitamin C (Ascorbic Acid)	90 mg	150%
Vitamin D	600 IU	150%
Vitamin E	45 IU	150%
Biotin	450 mcg	150%
Folic Acid	600 mcg	150%
Minerals		
Calcium	60mg	8%
Iron	9 mg	66%
Selenium	150 mcg+	
Chromium	150 mcg+	
Manganese	5 mg+	
Magnesium	100 mg+	30%
Potassium	100 mg+	
Iodine	150 mcg+	100%
Zinc	23 mg+	150%
Percent daily values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs. +Daily values not established.		
Other ingredients: Purified water, fructose, citric acid, natural cranberry flavor.		
Bismuth, Boron, Bromide, Cerium, Cesium, Chloride, Cobalt, Copper, Dysprosium, Erbium, Europium, Fluoride, Gadolinium, Gallium, Gold, Hafnium, Holmium, Indium, Iridium, Kjeldhal Nitrogen, Lanthanum, Lithium, Molybdenum, Neodymium, Nickel, Niobium, Platinum, Praseodymium, Rhenium, Rhodium, Rubidium, Ruthenium, Samarium, Scandium, Silicon, Silver, Strontium, Tantalum, Tellurium, Terbium, Thulium, Tin, Titanium, Tungsten, Vanadium, Ytterbium, Zirconium		

71 Vitamins and Minerals for Your Full Spectrum Nutritional Needs

Train Like a Champion