

# Frequently Asked Questions

## SUPPLEMENT FACTS

Serving Size: 6 Vegetable Capsules Servings Per Container: 30

Amount Per Serving		DV%
Vitamin A (from Palmitate & 20% Beta-Carotene) (5000 IU).....	1500 mcg RAE	166%
Vitamin C (from Ascorbic Acid) .....	500 mg	555%
Vitamin D (Vitamin D3) (Cholecalciferol) (600 IU).....	15 mcg	75%
Vitamin E (Natural d-alpha Tocopherol & Mixed Tocopherols) (400IU)....	268 mg	1786%
Vitamin K (Vitamin K2) (Menaquinone).....	80 mcg	66%
Thiamin (Vitamin B1).....	10mg	833%
Riboflavin (Vitamin B2).....	10 mg	769%
Niacin (Vitamin B3) (from Niacinamide) .....	80 mg	500%
Vitamin B6 (from Pyridoxine Hydrochloride).....	10 mg	625%
Folate (as (6S)-5-methyltetrahydrofolic acid .....	1360 mcg DFE	340%
(equivalent to 1481 mcg .. (6S)-methyltetrahydrofolic acid glucosamine salt)		
(Quatrefolic®) (800 mcg Methyl Folate)***	100 mcg	4166%
Vitamin B-12 (from methylcobalamin).....	300 mcg	1000%
Biotin.....	20 mg	400%
Pantothenic Acid (Vitamin B5).....	25 mg	5%
Choline (from Choline Bitartrate).....	120 mg	9%
Calcium (from Calcium Citrate).....	150 mcg	100%
Iodine (from Potassium Iodide).....	60 mg	14%
Magnesium (from Magnesium Citrate).....	25 mg	227%
Zinc (from L-OptiZinc®)**.....	200 mcg	363%
Selenium (from Selenomethionine).....	2 mg	222%
Copper (from Copper Gluconate).....	4 mg	174%
Manganese (from Manganese Gluconate).....	120 mcg	343%
Chromium (from Chromium Picolinate)****.....	75 mcg	166%
Molybdenum (from Molybdenum Citrate).....	16 mcg	<1%
Chloride (from Fulvic Trace Minerals).....	216 mg	5%
Potassium (from Potassium Malate).....		
L-Taurine.....	400mg	*
Bilberry (fruit) (5:1 extract) .....	300 mg	*
Fulvic Trace Minerals.....	200 mg	*
Strontium (from Strontium Citrate) .....	60 mg	*
Inositol.....	40 mg	*
Lutein (from Marigold (flower) (ZanMax®).....	20 mg	*
L-Cysteine.....	10 mg	*
L-Glycine.....	10mg	*
Zeaxanthin (from Marigold (flower) (ZanMax®).....	4 mg	*
Aloe Vera Powder (leaf) (200:1) .....	2 mg	*
Boron (from Boron Citrate).....	1 mg	*

\*Daily Value (DV) not established

**Question: Why should I take Active Life™?**

**Answer:** Sadly, today it may be more difficult to get all of our nutrition from food alone. Active Life™ is a broad-spectrum multi-vitamin & mineral and trace mineral supplement. It also contains electrolytes and amino acids, providing a good nutritional foundation for overall health.

**Question: What is the best dose to take?**

**Answer:** For maximum support, 6 capsules a day for adults is advised. For good dietary support between 2 to 4 capsules. Children under 12 can take 1 to 2 capsules per day.

**Question: When is the best time to take Active Life™?**

**Answer:** Spread doses throughout the day with meals.

**Question: I can't swallow capsules easily - can I open them?**

**Answer:** Yes, Active Life™ capsules can be opened and mixed with food or smoothies.

**Question: Is Active Life™ safe during pregnancy?**

**Answer:** Active Life™ contains a balance of nutrients that can support a healthy pregnancy. The Vitamin A content is at safe levels (up to 6 caps) as recommended by medical professionals. Always check with your healthcare provider before taking supplements during pregnancy.

**Other Ingredients:** Vegetable cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

\*\*L-OptiZinc® brand of zinc mono-L-methionine sulfate. L-OptiZinc® is a registered trademark of Inter-Health N.I.

\*\*\* This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent no. 7947662. Quatrefolic is a registered trademark of Gnosis SpA.

\*\*\*\*As Chromax® (Chromium Picolinate). Chromax® including the Chromax® logo, is a registered trademark of Nutrition 21, LLC. Chromax® is patent protected.

Available at all good independent health food stores

This product is not intended to prevent, treat, cure, mitigate or diagnose any disease.