

Y O R E S S E N T I A L [®]
V I T A M I N

Directions: As a dietary supplement, take six (6) tablets daily, preferably with meals. Do not exceed recommended dosage. Read entire label before use.

Supplement Facts		
Serving Size: 6 Tablets	Servings Per Container: 28	
	Amount Per Serving	%DV*
Calories	5	
Total Carbohydrates	1 g	<1%*
Dietary Fiber	1 g	6%*
Protein	<1 g	1%*
Vitamin A (as beta carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Thiamin (as thiamin HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium d-pantothenate)	60 mg	600%
Calcium (as tricalcium citrate)	200 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc picolinate)	15 mg	100%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as copper gluconate)	0.5 mg	25% ₀
Manganese (as manganese aspartate)	4 mg	200% ₀
Chromium (as chromium picolinate)	120 mcg	100% ₀
Potassium (as potassium gluconate)	50 mg	2%
Spirulina (from blue-green algae)	1.0 g	**
Coenzyme Q10	100 mg	**
YOR Essential Proprietary Blend	434 mg	**
<small>Choline (as bitartrate), Citrus bioflavonoids, Grapefruit bioflavonoid complex, Sunflower seed oil, Betaine HCl, Inositol, Quercetin dihydrate, Rutin, Panax ginseng root extract, Digestive enzymes (protease, amylase, cellulase, invertase, maltase, catalase, alpha-galactosidase, pectinase, phytase, lipase, lactase), RNA (ribonucleic acid), Lutein, Lycopene, Policosanol</small>		
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value (DV) not established		

Other Ingredients: Microcrystalline cellulose, Dicalcium Phosphate, Stearic Acid, Croscarmellose sodium, Silicon Dioxide, HPMC, and Magnesium stearate.

Manufactured in a facility that processes egg, milk, fish, shellfish, tree nuts, wheat and soy. Free of artificial colors.

Persons under the age of 18 should not use without clearance from a physician. Consult your physician if you are pregnant, nursing, taking prescription drug(s), or have any medical conditions.

KEEP OUT OF REACH OF CHILDREN.

Storage: Store in a cool, dry place away from moisture, sunlight, and excessive heat. Always keep tightly sealed. Do not use if safety seal is broken, damaged or appears to have been tampered with.

To report satisfaction, adverse effects or other comments please call us at: (949) 681-6090

