

# SupraHealth

## SUPRACAPS

30 Vitamins & Minerals  
12 Fruit & Herb Extracts  
Lutein & Lycopene  
Alpha-Lipoic Acid  
and CoQ10

**240 Capsules**  
A Dietary Supplement

### Supplement Facts

Serving Size: 8 Capsules • Servings Per Container: 30

Amount Per Serving	%DV
Vitamin A (as 50% retinyl palmitate and 50% natural beta-carotene)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	500 mg 833%
Vitamin D3 (as cholecalciferol)	1,000 IU 250%
Vitamin E (as $\alpha$ -alpha tocopherol succinate)	100 IU 333%
Vitamin K1 (as phytonadione)	40 mcg 50%
Vitamin B1 (as thiamin hydrochloride)	25 mg 1,666%
Vitamin B2 (riboflavin)	25 mg 1,470%
Vitamin B3 (as niacinamide and niacin)	75 mg 375%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1,250%
Folate (as 5-Methyltetrahydrofolate)	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,666%
Biotin	300 mcg 100%
Vitamin B5 (as calcium $\alpha$ -panthothenate)	50 mg 500%
Calcium (as calcium citrate and calcium ascorbate)	200 mg 20%
Iodine (from kelp) ( <i>Laminaria digitata</i> )	75 mcg 50%
Magnesium (as magnesium aspartate)	200 mg 50%
Zinc (as zinc monomethionine)	10 mg 66%
Selenium (as selenomethionine)	100 mcg 142%
Copper (as copper amino acid chelate)	500 mcg 25%
Manganese (as manganese amino acid chelate)	2 mg 100%
Chromium (as chromium polynicotinate)	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate)	100 mcg 133%
Potassium (as potassium aspartate)	99 mg 2%
Choline (as choline bitartrate)	100 mg *
Inositol	100 mg *
PABA (para-amino benzoic acid)	25 mg *
Boron (as boron citrate)	1 mg *
Vanadium (as vanadyl sulfate)	50 mcg *
Alpha-Lipoic Acid	100 mg *
Blackberry Fruit extract ( <i>Vaccinium myrtillus</i> ) (25% anthocyanidins)	50 mg *
Citrus Bioflavonoid Complex (40% hesperidin)	200 mg *
CoQ10 (Ubidecarenone)	50 mg *
Ginger Root extract ( <i>Zingiber officinalis</i> ) (5% gingerols)	100 mg *
Ginkgo Biloba Leaf 50:1 Extract (24% ginkgolavoglycosides; 6% terpene lactones)	50 mg *
Grape Seed extract ( <i>Vitis vinifera</i> ) (95% proanthocyanidins)	100 mg *
Grape Skin extract ( <i>Vitis vinifera</i> ) (30% polyphenols)	200 mg *
Green Tea Leaf extract ( <i>Camellia sinensis</i> ) (90% polyphenols; 45% EGCG)	200 mg *
Lutein (from marigold flower extract) ( <i>Calendula officinalis</i> )	5 mg *
Lycopene (from tomato fruit extract)	5 mg *
Milk Thistle Seed extract ( <i>Silybum marianum</i> ) (80% silymarin)	100 mg *
Pomegranate Fruit extract ( <i>Punica granatum</i> ) (30% punicalagins)	200 mg *
Quercetin (as quercetin dihydrate)	100 mg *
Trans-Resveratrol (from 50 mg giant knotweed root) ( <i>Polygonum cuspidatum</i> )	25 mg *
Turmeric Root extract ( <i>Curcuma longa</i> ) (95% curcuminoids)	300 mg *

\*Daily Value (DV) not established.

**Other Ingredients:** gelatin, microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

**DIRECTIONS:** Adults take 8 to 16 caps per day, divided over several meals. Not recommended for children or pregnant women. Consult with a doctor before taking if you have a medical condition, including bleeding disorders, or take medications, including blood thinners. Store in a cool, dry place, away from direct light.

Manufactured for: SupraHealth, Inc. • Trenton, NJ 08690 • 1-888-320-2345 • www.suprahealth.com