

# Doctor's Choice

## Multi-Vitamin, Mineral Anti-Oxidant Herbal Supplement

One of the most common questions is: "Do I need to take a multiple vitamin?" For years doctors told their patients that a balanced diet was all that was necessary: however, times have changed.

With today's modern diet and fast paced lifestyle, it is essential to supply your brain, organs and tissues with natural vitamins, minerals and powerful natural herbal supplements for optimum health so you feel good all the time.

The best insurance you can buy is good nutrition, which will supply your magnificent body with the best multi-vitamin, mineral and herbal supplement in the world. At the Ross Life Center, we've got the best one in the world for a thrifty price.

**Order  
Toll Free  
800-386-3929  
Online**

<http://www.drrossdc.com/Doctor's%20Choice.htm>

180 Tablets only \$25

### Amount Per Serving: 30

#### Six tablets provide:

		%DV
Beta Carotene	10,000 I.U.	
Vitamin A (Palmitate)	5,000 I.U.	
Vitamin C (Ascorbic Acid)	1,000 mg.	200
Vitamin D-3 (Cholocalciferol)	100 I.U.	100
Vitamin E	400 I.U.	1667
Vitamin K	25 mcg.	25
Vitamin B-1	186 mg.	1334
Vitamin B-2	150 mg.	31
Vitamin B-3	100 mg.	5733
Vitamin B-6	120 mg.	8824
Folate (Folic Acid)	750 mcg.	500
Vitamin B-12 (Cyanocobalamin)	250 mg.	6000
Biotin	300 mg.	188
Vitamin B-5 (as Calcium Pantothenate)	250 mg.	4167
Calcium (Carbonate)	500 mg.	100
Iodine (Potassium Iodide)	225 mg.	2500
Magnesium (Oxide)	500 mg.	50
Zinc (Citrate)	26 mg.	150
Selenium (amino Acid Chelate)	250 mcg.	125
Copper (Citrate)	1 mg.	173
Manganese (Citrate)	20 mg.	357
Chromium (GTF-yeast)	600 mcg.	50
Molybdenum (Amino Acid Chelate)	50 mcg.	1000
Potassium (Citrate)	99 mg.	500
Rutin	85 mg.	67
Betaine HCL	66 mg.	3
L-Glutamic Acid HCL	66 mg.	**
Bioflavonoid Complex (Citrus)	50 mg.	**
Bee Pollen	50 mg.	**
Choline (Bitartrate)	50 mg.	**
Inositol	50 mg.	**
N-Acetyl-L-Cysteine	50 mg.	**
L-Tyrosine	50 mg.	**
L-Ornithine	50 mg.	**
L-Lysine	50 mg.	**
L-Cysteine	50 mg.	**
L-Methionine	50 mg.	**
Rosehips	50 mg.	**
Hawthorn (berry) 10% proanthocyan8idins	25 mg.	**
Milk Thistle (seed) 80% Silymarin	25 mg.	**
Ginger (root)	25 mg.	**
Gotu Dola (herb)	25 mg.	**
MSM (Methylsulfonmethane)	25 mg.	**
Hesperidin	10 mg.	**
Grape Seed (seed) 95% proanthocyanidins	10 mg.	**
Alpha Lipoic Acid	10 mg.	**
Papain (70 mucu/gm.)	6 mg.	**
Bilberry (fruit) 25% anthocyanidins	5 mg.	**
Bromelain (2400 gdu/gm)	4 mg.	**
Octacosonal	200 mcg.	**
Vanadium (Citrate)	2 mcg.	**

\*\* Daily Value (DV) not established

Other Ingredients: Stearic Acid, Microsystalline Cellulose, Magnesium Stearate, Crocarmellose Sodium, Silicon Dioxide, and Magnesium Silicate. **Contains no artificial colors or preservatives.**

**Ross Life Center- "Where special Caring Creates Miracles"**

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