

Supports overall wellness.†



ELITE NUTRIENTS

Multivitamin with Ashwagandha, CoQ10, and Lycopene



STRESS[†]
RELIEF



HEART[†]
HEALTH



SUPERIOR
ABSORPTION

Dietary Supplement

60 Capsules

www.challenge2rise.com

As a dietary supplement, take 1 or 2 capsules daily.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving % DV†	Amount Per Serving % DV†
Vitamin A (palmitate).....750 mcg RAE.....83	Selenium (l-selenomethionine).....70 mcg.....127
Vitamin C (calcium ascorbate).....120 mg.....133	Copper (gluconate).....1 mg.....111
Vitamin D (cholecalciferol).....12.5 mcg.....63	Manganese (citrate).....2 mg.....86
Vitamin E (natural d, alpha-tocopherol).....20 mg.....133	Chromium (amino acid chelate).....120 mcg.....342
Vitamin K (K2, menaquinone MK7).....80 mcg.....66	Molybdenum (amino acid chelate).....75 mcg.....166
Thiamin (thiamin mononitrate).....5 mg.....416	Potassium (citrate).....40 mg.....<1
Riboflavin.....5 mg.....384	Withania somnifera Extract300 mg.....*
Niacin.....25 mg NE.....156	(from KSM-66® Ashwagandha)
Niacinamide.....25 mg NE.....156	Coenzyme Q10.....50 mg.....*
Vitamin B6 (pyridoxine HCl).....5 mg.....294	Lutein (natural).....1 mg.....*
Folate (from Calcium Folate).....340 mcg DFE.....85	Proprietary Blend.....171 mg.....*
Vitamin B12 (methylcobalamin).....25 mcg.....1041	[Contains: Ginger, Bilberry Fruit Extract (from Vaccinium
Pantothenic Acid.....300 mcg.....1000	myrtillus, standardized to 25% anthocyanosides), Acai
(d-calcium pantothenate)	Berry, Camu Camu Berry, Goji Berry, Mangosteen,
Calcium (calcium ascorbate).....13 mg.....1	Maqui, Broccoli, Broccoli Sprouts, Tomato, Carrot,
Iodine (from Laminaria digitata).....150 mcg.....100	Spinach, Kale, Lycopene, and Zeaxanthin (natural).]
Magnesium (amino acid chelate).....20 mg.....4	
Zinc (L-zinc methionine).....15 mg.....136	

†-% Daily Value *Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), stearic acid (vegetable source), silicon dioxide,

NO corn, soy, salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives. KSM-66® is a registered trademark of Koreal Biomed Inc.



Manufactured for: Rise Nutrition Solutions, P.O. Box 708, Watkinsville, GA 30677

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. 040232160848