



- **RUDOG RIGHT is a balanced, convenient, economical one a day multiple vitamin/mineral supplement for adults.**
- **RUDOG RIGHT is citrus and gluten free.**
- **RUDOG RIGHT combines 26 nutrients including:**
 - Active form of Vitamin B12 (methylcobalamin)
 - Active form of Vitamin B6 (pyridoxal-5-phosphate)
 - Quatrefolic® ((6S)-5-methylfolate, glucosamine salt)
 - Coenzyme Q10
 - Alpha Lipoic Acid
 - Lutein, Lycopene and Zeaxanthin
- **RUDOG RIGHT offers vital nutrients for support of:**
 - Bone health by providing adequate dietary intake of all the B Vitamins along with Vitamin D, Boron and Zinc.*
 - Cardiovascular health by providing Coenzyme Q10, Lycopene, Lutein, Zeaxanthin, Vitamins A, C, E, Mixed Carotenoids and a complete B Vitamin complex.*
 - Metabolic functions such as proper blood glucose levels which is supported by Vitamins C, E, B6, B12, Niacin and Biotin as well as Chromium, Alpha Lipoic Acid and Manganese.*
 - Antioxidant support due to Vitamin A, C, E, Mixed Carotenoids, Lutein, Alpha Lipoic Acid, Lycopene and Zeaxanthin.*
 - Lipotropic factors like Choline and Inositol, which support fat metabolism and myelin sheath health.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Vitamin A (as 50% Retinyl Acetate, 50% Mixed Carotenoids)	3,500 IU
Vitamin C (as Ascorbic Acid)	150 mg
Vitamin D3 (as Cholecalciferol)	2,000 IU
Vitamin E (as d-Alpha Tocopheryl Succinate)	30 IU
Thiamine (as Thiamine HCl)	5 mg
Riboflavin (as Riboflavin 5-Phosphate)	3.5 mg
Niacin (as Niacinamide)	20 mg
Vitamin B6 (as Pyridoxal 5-Phosphate)	5 mg
Folate (as [6S]-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg

Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (as Ca Pantothenate)	10 mg
Iodine (as K Iodide)	150 mcg
Zinc (as Zn Citrate)	25 mg
Selenium (as Selenomethionine)	50 mcg
Manganese (as Mn Citrate)	2 mg
Chromium (as Cr Polynicotinate)	200 mcg
Molybdenum (as Mo Amino Acid Chelate)	75 mcg
Coenzyme Q10	50 mg
Alpha Lipoic Acid	50 mg
Choline (as Choline Bitartrate)	25 mg
Inositol	25 mg
Lutein	3 mg
Boron (as B Amino Acid Chelate)	1 mg
Lycopene	500 mcg
Zeaxanthin	500 mcg

Other ingredients: vegetable cellulose (capsule), rice flour, vegetarian leucine.

Contains: Fish (Tilapia).

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take one capsule daily with food, or as directed by your healthcare practitioner.



Quatrefolic® is a registered trademark of Gnosis S.p.A. Corporation. U.S. Patent No. 7,947,662

02RD97B.060 (60 Capsules)

Distributed by

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*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.

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