



# Reiki Vitamins™

**A multivitamin, mineral, and herbal dietary supplement.**  
[www.reikivitamins.com](http://www.reikivitamins.com)

Reiki Vitamins™ is a combination of sixty vitamins, minerals and herbs specifically formulated for people who practice Reiki, and is also appropriate for those who practice yoga, meditation, Tai Chi, Qi Gong, or similar modalities.

I created this nutritional formula for personal use, but after receiving requests from my students, I have made it available to others.

*William Lee Rand*

**Supplement Facts**  
**Contains 60 Ingredients**  
**Serving Size 4 Capsules**  
**Servings per Container 31**  
**Soy Free, Non-GMO, Gluten-Free**

	Amount Per Serving	%DV*
<b>Vitamins</b>		
Vitamin A (as Beta Carotene)	900mcg RAE	100%
Vitamin C (as Ascorbic Acid)	90mg	100%
Vitamin D3 (as Cholecalciferol)	30mcg (1,200IU)	150%
Vitamin E (as Alpha-Tocopheryl Succinate)	22mg	47%
Vitamin K1 (as Phytonadione)	100mcg	83%
Vitamin K2 (as Menaquinone-7 Dicalcium Phosphate)	50mcg	**
Vitamin K2 (as Menaquinone-4)	50mcg	**
Vitamin B1 (as Thiamine Hydrochloride)	1.2mg	100%
Vitamin B2 (as Riboflavin)	2.4mg	185%
Vitamin B3 (as Niacin)	16mg NE	100%
Vitamin B5, Pantothenic Acid (as D-Calcium Pantothenate)	5mg	100%
Vitamin B6 (as Pyridoxal 5-Phosphate)	1.7mg	100%
Vitamin B7, Biotin (as Biotin Dicalcium Phosphate)	36mcg	120%
Vitamin B9, Folate (as Calcium 5-Methyltetrahydrofolate)	400mcg DFE	100%
Vitamin B12 (as Methylcobalamin Dicalcium Phosphate)	12mcg	500%

*Over*

	Amount Per Serving	%DV*
<b>Minerals</b>		
Calcium (as Calcium Carbonate)	100mg	8%
Iron (as Iron Bisglycinate)	18mg	100%
Phosphorus (as Phosphorus Amino Acid Chelate)	25mg	2%
Iodine (as Kelp Atlantic ( <i>Ascophyllum nodosum</i> ))	150mcg	100%
Magnesium (as Magnesium Citrate)	40mg	10%
Zinc (as Zinc Bisglycinate Chelate, TRAACS®)	11mg	100%
Selenium (as Selenium Glycinate)	0.5mcg	1%
Copper (as Copper Bisglycinate Chelate)	1.6mg	178%
Manganese (as Manganese Bisglycinate Chelate, TRAACS®)	5mg	217%
Chromium (as Chromium Nicotinate Glycinate Chelate)	120mcg	343%
Molybdenum (as Molybdenum Glycinate, TRAACS®)	67.5mcg	150%

### **Herbs** 84 mg\*\*

Bamboo Shoot Extract (*Bambusa vulgaris*), Dong Quai Root Powder (*Angelica sinensis*), Evening Primrose Oil Powder (*Oenothera biennis*), Hawthorne Berry Fruit Powder (*Crataegus laevigata*), English Lavender Aerial 4:1 Extract (*Lavandula officinalis*), Red Raspberry Fruit Extract 4:1 (*Rubus idaeus*), Germanium sesquioxide (GE-132), Kelp Powder (*Ascophyllum nodosum*)

### **Rejuvenation Blend** 260 mg\*\*

Coenzyme Q-10 (Ubidecarenone) 25mg, DHEA Micronized (Dehydroepiandrosterone) 25mg, Rice Protein 80% (Organic) (AIDP) 75mg, Rice Power (Brown, Organic, Honeyville) 75mg, L-Leucine 60mg

### **Organic, Green Balance Alkalinizing Blend**® 400 mg\*\*

Alfalfa Grass Young Leaves Powder, Wheatgrass Young Leaves Powder, Barley Grass Young Leaves Powder, Lemon Juice Fruit Powder, Gotu Kola Whole Herb Powder, Collards Young Leaves Powder, Astragalus Young Leaves Powder, Spirulina Whole Algae Plant Powder, Bitter Melon Fruit Powder, Oat Young Leaves Grass Powder, Chlorella Whole Plant Powder, NP Nutra®

### **Organic VitaVeggie® Extracts** 75 mg\*\*

Broccoli, Broccoli Sprout, Tomato, Carrot, Spinach, Collards

\*Percent Daily Value (DV) based on a 2,000-calorie diet

\*\*% Daily Value (DV) not established

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