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Supplement Facts

Serving Size 2 Tablespoons or 1 Capful (1 fl. oz.) (29.57 ml) Servings Per Container 30

Servings Per Container 30		
Amount Per Serving		%DV
Calories	50	
Total Carbohydrate	13 g	4%**
Sugars	10 g	†
Vitamin A (as palmitate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	200 IU	667%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamin (vitamin B-1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B-2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as citrate complex)	50 mg	5%
ron (as aminoate complex)	4.5 mg	25%
lodine (as potassium iodide)	150 mcg	100%
Magnesium (as citrate complex)	100 mg	25%
Zinc (as gluconate)	15 mg	100%
Selenium (as selenomethionine, aminoate complex)	25 mcg	36%
Copper (as aminoate complex)	0.5 mg	25%
Manganese (as gluconate)	4 mg	200%
Chromium (as polynicotinate)‡	20 mcg	17%
Potassium (as citrate, iodide)	50 mg	1%
Inositol	30 mg	†
Choline (as bitartrate)	13 mg	†
Lutein (active carotenoid from marigold flower extract)††	3 mg	Ť

**Percent Daily Values are based on a 2,000 calorie diet. †Daily Value (DV) not established.

Other ingredients: Water, fructose, vegetable glycerin, citric acid, natural flavors, xanthan gum, copper chlorophyllin, sodium benzoate and potassium sorbate (preserve freshness). Whole Food PhytoAlgae [Proprietary complex of spirulina (Hawaiian Spirulina platensis), Phenalgin™ (Cystoseira canariensis from Canary Islands)‡‡, chlorella (Bulgarian Chlorella vulgaris) (broken cell), cryptomondales (Asian), red kelp (Norwegian Palmaria palmata), brown kelp (Norwegian Laminaria digitata), ulva (Asian Ulva rigida & Ulva fasciata), red seaweed (Irish Lithothamnium calcarium), dulse (Mediterranean Rhodymenia palmata), rockweed (American Ascophyllum nodosum)], Whole Food Amino Acid Complex (from spirulina and rice bran), Whole Food Antioxidants [Proprietary Blend: turmeric rhizome, milk thistle seed, pau d'Arco, Chinese green tea leaf (decaffeinated) ##], Whole Food Enzymes [Proprietary Enzyme Complex: papain (papaya fruit), bromelain (from pineapple fruit), amylase (Aspergillus oryzae), lipase (A. oryzae), cellulase (A. niger), protease (A. oryzae)], young barley leaf, bioflavonoids (from Citrus limon exocarp), black currant juice, sunflower oil, Food Fiber Complex [Proprietary Fiber Blend: apple pectin, soluble oat bran, arabinogalactan, modified citrus pectin], black currant fruit, quercetin (from Saphora japonica leaf), rutin (from Saphora japonica leaf), hesperidin (from Citrus limon exocarp), glutathione, Echinacea purpurea root, thyme leaf, boron citrate, RNA (ribonucleic acid), DNA (deoxyribonucleic acid), octacosanol, astragalus root, ligustrum berry, schisandra fruit, PABA (para-aminobenzoic acid), N-acetyl-cysteine, grape seed extract, Neurosyn [Ginkgo biloba leaf‡‡, Panax ginseng‡‡, phospholipid-rich lecithin], Source-70 (whole food based soluble mineral complex), Spanish bee pollen, Whole Food Wellness Complex [Whole fruit concentrates 10X: apple, apricot, banana, camu-camu (Myrciaria dubia), cranberry, orange, peach, red raspberry, strawberry, tomato; concentrates 10X: alfalfa sprout, barley grass juice, cabbage leaf, cayenne (Capsicum frutescens fruit), onion bulb, parsley leaf, Shiitake mushroom (Lentinus edodes mycelia); concentrate 4X: celery seed; standardized extracts: pineapple, papaya fruit, red grape (Vitis vinifera), broccoli floret, carrot root, garlic clove, reishi mushroom (Ganoderma lucidum fruiting body); standardized concentrate: spinach leaf], chlorophyll (from spirulina), carotenoids, eriocitrin (from Citrus limon exocarp), Irish moss (Chondrus crispus) and rice bran. ##standardized extract

‡ChromeMate_® Brand Niacin-Bound Chromium, U.S. Patent Nos. 4,923,855, 4,954,492 and 5,194,615, is a registered trademark of InterHealth N.I. ††FloraGLOs is a registered trademark of Kemin Industries, Inc.

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DIRECTIONS: Shake well. As a dietary supplement, take two tablespoons or one capful (about 30 ml) once daily. ULTRA Source of Life® Liquid is so delicious, you can enjoy it straight from the bottle or mixed with a favorite beverage.

Convenient Drip-Proof Bottle.

Free from artificial colors and sweeteners.

KEEP TIGHTLY CLOSED.

REFRIGERATE AFTER OPENING.

