

SUGGESTED USE: For adults, take three (3) tablets daily, preferably with food. Store unopened container at room temperature. Refrigerate after opening.

CAUTION: Contains milk and wheat ingredients.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Fish.

*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.

BioSource Labs 1.866.537.2214
www.biosourcelabs.com



BIOSOURCE™
LABS

100% Pure
All Natural
Formula

Whole Food MULTIVITAMIN

ESSENTIAL DAILY MULTIVITAMIN

With Probiotics and Digestive Enzymes
Formulated for Optimal Daily Nutrition

OVER
45 ACTIVE
WHOLE
FOODS

FULL STRENGTH

90 Tablets
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving	Amount	% DV
Calories	5	
Total Carbohydrate	2 g	1%*
Dietary Fiber	1 g	5%*
Vitamin A (as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Ergocalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1,250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	500 mcg	8,333%
Biotin (as d-Biotin)	1,000 mcg (1 mg)	333%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate)	120 mg	12%
Iron (as Ferrous Sulfate)	18 mg	100%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	60 mg	15%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (as Cupric Gluconate)	0.5 mg	25%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Sodium Molybdate)	51 mcg	68%
Chloride (as Potassium Chloride)	45 mg	1%
Sodium	10 mg	<1%
Potassium (as Potassium Chloride)	50 mg	1%
Choline (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
Boron (as Sodium Borate)	1 mg	**
DNA (Deoxyribonucleic Acid)	1 mg	**
RNA (Ribonucleic Acid)	1 mg	**
Lutein	10 mcg	**

Citrus Bio Complex: (Citrus Bioflavonoids Complex (Citrus spp.) (fruit), Hesperidin Complex (Citrus spp.) (fruit), Rutin, Quercetin) 50 mg **

Digestive Enzyme Blend: Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease 50 mg **

Probiotic Blend: B. bifidum, L. bulgaricus, L. acidophilus 25 mg **

Omega Blend: Flaxseed, Sunflower Oil, Borage Powder Contains Omega-3 (11 mg) and Omega-6 (4 mg) 100 mg **

Green and Whole Food Blend: Spirulina (Spirulina platensis) (plant), Chlorella (Chlorella vulgaris) (plant), Oat Extract (Avena sativa) (aerial), Apple Pectin (fruit), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper (Chlorophyllin) 520 mg **

Herb Blend: Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo Biloba) (leaf), Goldenseal (Hydrastis canadensis) (root) 100 mg **

Vegetable Blend: Parsley Powder, Garlic (Allium sativum) (bulb), Beet Root Powder, Carrot Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower, and Kale 100 mg **

Fruit Blend: Papaya Fruit Powder, Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (seed and peel), Pineapple (Ananas comosus) (fruit), Orange (Citrus sinensis) (fruit), Noni Powder (Morinda citrifolia) (fruit) 100 mg **

Mushroom Blend: Shiitake (Lentinus edodes) (aerial), Maitake (Grifola frondosa) (aerial), Reishi (Ganoderma lucidum) (aerial) 50 mg **

Other Ingredients: Vegetable Cellulose, Silica. Contains <2% of: Vegetable Magnesium Stearate, Vegetable Stearic Acid.