

Directions As a dietary supplement, take contents of one Trilogy power pack daily with food. If you are pregnant, planning to become pregnant, breast feeding, taking any prescription medication, or have a medical condition, consult your physician or healthcare professional before taking this product. Do not exceed recommended dosage. Keep out of reach of children.

Supplement Facts Serv. Size 1 packet (2 capsules, 1 softgel) Serv. per packet 1
Amount per serving: Calories 10, Calories from fat 10, Total Fat 1g (2% DV**), Poly. Fat 1g**, Vit. A 300 I.U. (6% DV), Vit. C 30mg (50% DV), Vit. D3 (from cholecalciferol) 1000 I.U. (250% DV), Vit. E 30 I.U. (100% DV), Thiamin (Vit. B1) 7.5mg (500% DV), Riboflavin (Vit. B2) 7.5g (441% DV), Niacin (Vit. B3) 10.5mg (53% DV), Pyridoxine (Vit. B6) 15mg (750% DV), Folate (Vit. B9) 120mcg (30% DV), Vit. B12 (from methylcobalamin) 100mcg (1667% DV), Biotin 30mcg (10% DV), Pantothenic acid (Vit. B5) 18mg (180% DV), Magnesium 3mg (<1% DV), Zinc 2.25mg (15% DV), Selenium 21mcg (30% DV), Copper 0.45mg (23% DV), Manganese 0.6mcg (30% DV), Chromium 36mcg (30% DV), Potassium 6mg (<1% DV) Cert. Organic Origen-Him® multivitamin & mineral extracts (from guava fruit, lemon peel, amla fruit, sesbania leaves, holy basil aerial parts, annatto seeds) 300mg**, Probiotic Blend (20B total cfu at date of manufacture from 12 Strains) L. acidophilus HA-122 2 Bill.**, L. rhamnosus HA-111 2 Bill.**, L. rhamnosus B HA-114 2B**, L. paracasei HA-108 2 Bill.**, L. plantarum HA-119 2 Bill.**, B. breve HA-129 2 Bill.**, B. longum HA-135 2 Bill.**, L. lactis HA-136 2 Bill.**, Propionibacterium shermanii HA-182 2 Bill.**, B. bifidum HA-132 1 Bill.**, S. thermophilus HA-110 0.6 Bill.**, L. helveticus HA-128 0.4 Bill.**, Omega-3 Fish Oils 1000mg* (Mercury Free, from anchovies) containing EPA (Eicosapentaenoic acid, triglyceride form), 360mg and DHA (Docosahexaenoic acid, triglyceride form), 270mg *Percent Daily Values are based on a 2,000 calorie diet. **Daily value not established.

Other Ingredients (Multi) hypromellose, microcrystalline cellulose, silica, medium chain triglycerides oil, ascorbyl palmitate, (Probiotics) potato starch, hydroxyl-propylmethyl-cellulose (veg. capsule), magnesium stearate, citric acid (Fish Oil) gelatin, vegetable glycerin, natural lemon oil, sunflower oil, natural mixed tocopherols, purified water

Mfg. for & Dist. by
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2 CAPSULES, 1 SOFT GEL

SINGLE SERVING
DIETARY SUPPLEMENT