

Suggested Use: As a dietary supplement, adults take one (1) tablet, three (3) times daily, preferably with a meal. Store in a cool, dry place and away from direct light. *Keep out of reach of children.*

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% DV
Vitamin A	4000 i.u.	80%
(Beta carotene, Spirulina, Chlorella)		
Vitamin D	134 i.u.	34%
Vitamin E	84 i.u.	278%
Vitamin C (as calcium ascorbate)	333 mg	555%
Vitamin B-1 (thiamine)	8 mg	555%
Vitamin B-2 (riboflavin)	8 mg	490%
Vitamin B-6 (pyridoxine HCL)	8 mg	417%
Vitamin B-12 (cobalamin)	83 mcg	1389%
Vitamin B-3 (niacin/niacinamide)	8 mg	42%
Pantothenic Acid	8 mg	83%

*Daily Value Not Established

QUALITY AND POTENCY GUARANTEED

Formulated for: **Martin Avenue Pharmacy, Inc.**

"We Make It Better...", Naperville, IL 60540
(630) 355-6400



Essentials

Performance Formula

MultiVitamin and Mineral

Dietary Supplement

90 Tablets

www.MartinAvenue.com

Supplement Facts (con't) Serving Size: 1 Tablet

Amount Per Serving % DV		
Biotin	17 mcg	6%
Folic Acid	133 mcg	33%
Calcium (Krebs Cycle Complex)	67 mg.	7%
Magnesium (Krebs Cycle Complex)	34 mg.	8%
Potassium (Krebs Cycle Complex)	17 mg.	<1%
Zinc (as Monomethionine)**	3.4 mg.	22%
Iron (Krebs Cycle Complex)	1.7 mg.	9%
Manganese (Krebs Cycle Complex)	1.3 mg.	69%
Chromium (as Polynicotinate)***	17 mcg.	14%
Molybdenum (Krebs Cycle Complex)	17 mcg.	23%
Copper (Krebs Cycle Complex)	167 mcg.	8%
Iodine (Kelp)	50 mcg.	34%
Choline Bitartrate	17 mg.	*
RNA (from spirulina & chlorella)	7 mg.	*
DNA (from spirulina & chlorella)	2 mg.	*
Inositol	8 mg.	*
PABA	8 mg.	*
Quercetin (Saphora Japonica)	8 mg.	*
Rutin (Saphora Japonica)	8 mg.	*
Hesperidin (orange)	4 mg.	*
Chlorophyll(from spirulina & chlorella)	2.7 mg.	*
Carotenoids(from spirulina & chlorella)	1.3 mg.	*
L-Glutathione (reduced)	1.7 mg.	*
Spirulina	300 mg.	*

Amount Per Serving % DV		
Klamath Lake Algae	34 mg.	*
Wheat Sprout Concentrate	34 mg.	*
Wheat Grass Juice Powder	17 mg.	*
Sprouted Barley Juice Powder	17 mg.	*
Chlorella (broken cell wall)	17 mg.	*
Bee Pollen	34 mg.	*
Siberian Ginseng	17 mg.	*
Garlic (dehydrated)	3.4 mg.	*
Bromelain (2000 GDU/GM)	6.7 mg.	*
Betaine HCL (beets)	6.7 mg.	*
Papain (papaya)	6.7 mg.	*
Amylase	1.7 mg.	*
Lipase	1.7 mg.	*
Bacillus Coagulans (Lactic cultures)	6.7 mg.	*
Oat Bran	8.4 mg.	*
Apple Pectin	8.4 mg.	*
Herbal Blend:	20 mg.	*
Dandelion Root, Barberry, Gentian Root, Ginger Root and Cayenne (a unique blend of full potency herbs)		
Also provides all the naturally occurring active constituents of whole foods including tissue salts (cell salts), amino acids, trace elements, plant enzymes and plant pigments		
Natural Source of Exipients: Dicalcium Phosphate, Cellulose Vegetable Stearine		

** from Optizinc®, a unique, patented 1:1 complex of zinc and methionine, which increases zinc absorption.

*** from Chromeate®, a unique, patented brand of niacin bound chromium (polynicotinate).

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