



**Nutritional Support for
Natural Energy Production, Healthy Eye Function
and Overall Well-Being.***

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, three tablets once daily.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving		%DV**
Calories	20	
Total Carbohydrate	3 g	1% **
Dietary Fiber	1 g	6% **
Protein	1 g	
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D3 (as cholecalciferol from Lichen)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (phyloquinone)	80 mcg	100%
Thiamin (vitamin B1) (as thiamine HCl)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg	3333%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as aminoate complex)	200 mg	20%
Iron (as aminoate complex, ascorbate)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	100 mg	25%
Zinc (as monomethionine)***	15 mg	100%
Selenium (as selenomethionine, aminoate complex)	25 mcg	36%
Copper (as aminoate complex)	0.5 mg	25%
Manganese (as aminoate complex)	4 mg	200%
Chromium (as polynicotinate)****	20 mcg	17%
Potassium (as aminoate complex)	50 mg	1%

Whole Food PhytoAlgae	1000 mg†
Proprietary complex of spirulina (<i>Spirulina platensis</i>), fucaceae (<i>Ascophyllum nodosum</i>), laminaria brown algae (<i>Laminaria digitata</i>), Irish moss (<i>Chondrus crispus</i>), dulce (<i>Palmaria palmata</i>), red seaweed (<i>Lithothamnium calcareum</i>), bladderwrack (<i>Fucus vesiculosus</i>), hijiki (<i>Sargassum fusiforme</i>), wakame (<i>Alaria esculenta</i>), nori (<i>Porphyra yezoensis</i>), kombu (<i>Laminaria setchellii</i>), chlorella (<i>Chlorella vulgaris</i>) (broken cell), Norwegian kelp	
Essential Fatty Acid-Rich Whole Food Energy Blend:	220 mg†
black currant, sunflower seed, octadecanoic acid	
Bioflavonoid Complex (from <i>Citrus spp.</i>)	60 mg†
(active flavonols, flavanones, flavones & naringin 26 mg)	
Food Fiber Complex	50 mg†
Proprietary Fiber Blend: apple pectin, arabinogalactan, modified citrus pectin, non-GMO tapioca	

Supplement Facts continue on next panel ►►

Supplement Facts continued from previous panel

Amount Per Serving	
Whole Food Wellness Complex	50 mg†
Whole fruit concentrates: apple, apricot, banana, camu-camu (<i>Myrciaria dubia</i>), cranberry, orange, peach, red raspberry, strawberry, black cherry, bilberry, plum, pear, beet, tomato, dandelion leaf, olive fruit, beet greens, cabbage leaf, onion bulb, parsley leaf, celery seed, papaya fruit, red grape (<i>Vitis vinifera</i>), broccoli floret, carrot root, garlic clove, spinach leaf	
Choline (as bitartrate)	30 mg†
Inositol	30 mg†
Quercetin (from <i>Dimorphandra mollis</i>)	30 mg†
Rutin (from <i>Sophora japonica</i> leaf)	25 mg†
Thione Complex™	25 mg†
Proprietary Blend: glutathione, selenium (as selenomethionine), N-acetyl-cysteine and grape seed extract	
Whole Food Antioxidants	25 mg†
Proprietary Blend: milk thistle seed, Chinese green tea leaf (decaffeinated), turmeric rhizome, red wine (<i>Vitis vinifera</i> fruit concentrate) (alcohol free), ginger root	
Whole Food Amino Acid Complex	25 mg†
(from spirulina and isolated pea protein)—providing complete profile of critical essential and non-essential amino acids: isoleucine, histidine, leucine, arginine, lysine, aspartic acid, methionine, serine, cysteine, glutamic acid, threonine, proline, phenylalanine, glycine, tryptophan, alanine, valine and tyrosine	
Betaine HCl	25 mg†
RNA (ribonucleic acid)	21 mg†
PABA (para-aminobenzoic acid)	15 mg†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	12 mg†
Hesperidin Complex (from <i>Citrus aurantium</i> exocarp)	10 mg†
Whole Food Enzymes	10 mg†
Proprietary Enzyme Complex: papain (papaya fruit), amylase (<i>Aspergillus oryzae</i>), lipase (<i>R. oryzae</i>), cellulase (<i>T. longibrachiatum</i>), protease (<i>A. oryzae</i>)	
Neurosyn	10 mg†
Ginkgo biloba leaf (std. ginkgo flavone-glycosides), ginseng (<i>Panax</i>) (std. ginsenosides)	
Source-70 (whole-food-based soluble mineral complex)	10 mg†
Chlorophyll (from spirulina)	7.5 mg†
DNA (deoxyribonucleic acid)	6 mg†
Carotenoids	4 mg†
Lutein (active carotenoid from marigold flower extract)‡	3 mg†
Boron (as citrate)	1 mg†
Octacosanol	200 mcg†

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, microcrystalline cellulose, vegetable cellulose, calcium carbonate, magnesium oxide, stearic acid, potassium chloride, ferrous sulfate, magnesium stearate, silica, manganese sulfate, potassium iodide, astragalus root, *Echinacea angustifolia* root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.

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PRODUCT NO. 3051



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