

Supplement Facts

Serving Size: Four (4) Capsules
Servings per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as α & β Carotene and Retinyl Palmitate)	7000 IU	140%
Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
Vitamin D ₃ (as Cholecalciferol)	800 IU	200%
Vitamin E (as Natural Mixed Tocopherols and Tocotrienols)	50 IU	167%
Vitamin K (as Glycoprotein Matrix)	20 mcg	25%
Thiamin (as Glycoprotein Matrix)	3 mg	200%
Riboflavin (as Glycoprotein Matrix)	3 mg	176%
Niacin (as Glycoprotein Matrix)	20 mg	100%
Vitamin B ₆ (as Glycoprotein Matrix)	3 mg	150%
Folate (as Natural Lemon (Citrus limon) Peel Extract) Organ-FA†	400 mcg	100%
Vitamin B ₁₂ (as Glycoprotein Matrix)	10 mcg	167%
Biotin (as Glycoprotein Matrix)	300 mcg	100%
Pantothenic Acid (as Glycoprotein Matrix)	10 mg	100%
Calcium (as Malate DimaCal®, Natural Coral, and Ascorbate)††	500 mg	50%
Iron (as Bis-Glycinate Chelate) Ferrochel®††	6 mg	33%
Iodine (from Kelp (<i>Laminaria digitata</i>) Stem and Leaf Powder)	25 mcg	17%
Magnesium (as Dimagnesium Malate and Ascorbate)	150 mg	38%
Zinc (as Bis-Glycinate Chelate) TRAACS®††	15 mg	100%
Selenium (as Glycinate)†	70 mcg	100%
Copper (as Bis-Glycinate Chelate) TRAACS®††	0.5 mg	25%
Manganese (as Bis-Glycinate Chelate) TRAACS®††	0.5 mg	25%
Chromium (as Nicotinate Glycinate Chelate) TRAACS®††	50 mcg	42%

Proprietary Whole-Food Blend:

Kale (*Brassica oleracea acephala*) Leaf Powder, Dandelion (*Taraxacum officinale*) Leaf Powder, Parsley (*Petroselinum crispum*) Leaf Powder, Kelp (*Laminaria digitata*) Stem and Leaf Powder, Broccoli (*Brassica oleracea italica*) Aerial Parts Powder, Brussels Sprout (*Brassica oleracea gemmifera*) Immature Inflorescences Powder, Cabbage (*Brassica oleracea capitata*) Leaf Extract, Spinach (*Spinacia oleracea*) Leaf Powder

Active Enzyme Blend:

Protease, Lactase, Lipase, Amylase, α -Galactosidase, Diastase, Glucoamylase, Peptidase

dōTERRA Tummy Tamer Blend:

Caraway (*Carum carvi*) Seed Extract, Ginger (*Zingiber officinale*) Rhizome Extract, Peppermint (*Mentha piperita*) Leaf Extract

** Daily Value not established.

Other Ingredients: Vegetable Hypromellose, Stearic Acid, Silica, Microcrystalline Cellulose.

Contains: Soy and Wheat

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FOOD NUTRIENT
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dietary supplement

120 } VEGGIE CAPS, 30-DAY SUPPLY