

Suggested Usage: As a dietary supplement, adults take 4-8 tablets daily or as directed by your health professional. This product is best taken with meals.

Gluten-free, Non-GMO

WARNING: Consult a health care professional before use if taking blood thinners. This product is not recommended for pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.

Formula #202331-240-PL-2269935

Manufactured for:

PureFormulas

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**PURE
FORMULAS™**

Multi-Nutrient Support X

Broad Spectrum and Flavonoid Support†

240 TABLETS
DIETARY SUPPLEMENT

†This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Live life pure.™

Supplement Facts

Serving Size	4 Tablets	8 Tablets		
Servings per container	60	30		
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as 67% natural beta-carotene and 33% Vitamin A palmitate)	2,250 mcg	250%	4,500 mcg	500%
Vitamin C (as ascorbic acid)	500 mg	556%	1,000 mg	1,111%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU)	63%	25 mcg (1,000 IU)	125%
Vitamin E (as natural d-alpha tocopheryl succinate plus mixed tocopherols)	67 mg	447%	134 mg	893%
Thiamine (as thiamine HCl)	50 mg	4,167%	100 mg	8,333%
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)	25 mg	1,923%	50 mg	3,846%
Niacin/Niacinamide	95 mg	594%	190 mg	1,188%
Vitamin B6 (as Pyridoxine HCl/Pyridoxal-5-phosphate)	50 mg	2,941%	100 mg	5,882%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE [400 mcg L-5-MTHF]	167%	1,333 mcg DFE [800 mcg L-5-MTHF]	333%
Vitamin B12 (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	250 mcg	10,417%	500 mcg	20,833%
Biotin	150 mcg	500%	300 mcg	1,000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%	100 mg	2,000%
Choline (from choline bitartrate)	137.5 mg	25%	275 mg	50%
Calcium (as calcium citrate/malate/chelate complex)	210 mg	16%	420 mg	32%
Iodine (from kelp)	100 mcg	67%	200 mcg	133%
Magnesium (as magnesium citrate/chelate complex)	210 mg	50%	420 mg	100%
Zinc (as OptiZinc®, monomethionine)	12.5 mg	114%	25 mg	227%
Selenium (as selenomethionine)	100 mcg	182%	200 mcg	364%
Copper (as copper amino acid chelate)	1 mg	111%	2 mg	222%
Manganese (as manganese sulfate)	4.5 mg	196%	9 mg	391%
Chromium (as chromium polynicotinate)	100 mcg	286%	200 mcg	571%
Molybdenum (as molybdenum krebs ^{††})	50 mcg	111%	100 mcg	222%
Potassium (as potassium chloride)	50 mg	1%	100 mg	2%

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, ascorbyl palmitate, silica, coating (purified water, hypromellose, glycerin)

N-Acetyl-L-Cysteine	75 mg*	150 mg*
Betaine HCl	75 mg*	150 mg*
Inositol	50 mg*	100 mg*
Quercetin (as dihydrate)	50 mg*	100 mg*
Lemon bioflavonoids	50 mg*	100 mg*
Papain (from <i>Carica papaya</i> , fruit)	50 mg*	100 mg*
Bromelain (from <i>Anana comosus</i> , pineapple stem)	25 mg*	50 mg*
Grape seed extract (standardized to 95% polyphenols)	25 mg*	50 mg*
Alpha Lipoic Acid	25 mg*	50 mg*
Rutin (from <i>Sophora japonica</i> , flower)	12.5 mg*	25 mg*
Boron (as boron glycinate)	1.5 mg*	3 mg*
Vanadium (as Vanadium Krebs††)	25 mcg*	50 mcg*
Vitamin K2 (as menaquinone-7)	22.5 mcg*	45 mcg*

Proprietary Organic Fruit and Vegetable blend

Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)	350 mg*	700 mg*
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Organic Phytonutrient Blend

Organic Spirulina (whole plant)	50 mg*	100 mg*
Organic Chlorella (whole plant, broken cell wall)	50 mg*	100 mg*
Organic Green Tea leaf extract (standardized to 50% polyphenols, 20% EGCG)	25 mg*	50 mg*

Carotenoids

Lutein (from marigold flower extract)	5 mg*	10 mg*
Lycopene (from tomatoes)	3 mg*	6 mg*
Zeaxanthin isomers (from marigold flower extract)	1 mg*	2 mg*

*Daily Value (DV) not established.