

**HEALTHY CHOICE
NATURALS™**

Ultra Rich Complex FULL SPECTRUM DAILY MULTIPLE

A Complete Source of
**104 Vitamins, Minerals, Herbs
and Essential Nutrients**



90 Tablets Dietary Supplement

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Supplement Facts

Serving Size: 3 tablets	Servings per Container: 30	
Amount per serving	% of Daily Value	
Vitamin A (beta-carotene)	10,000 IU	200%
Vitamin C (ascorbic acid)	1000 mg	1887%
Vitamin D-3 (cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl acetate)	200 IU	867%
Vitamin K-1 (phytonadione)	100 mcg	125%
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (riboflavin)	50 mg	2941%
Niacin (niacinamide)	50 mg	250%
Vitamin B-6 (pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	100 mcg	1887%
Biotin	100 mcg	33%
Pantothenic Acid (d-calcium pantothenate)	50 mg	500%
Calcium (carbonate/phosphate/citrate)	500 mg	50%
Phosphorus (di-calcium phosphate)	50 mg	5%
Iodine (from atlantic kelp/potassium iodide)	150 mcg	100%
Magnesium (oxide/citrate)	250 mg	63%
Zinc (glycinate monohydrate)	15 mg	100%
Selenium (amino acid chelate)	200 mcg	286%
Copper (amino acid chelate)	1 mg	50%
Manganese (aminoate)	2 mg	100%
Chromium (picolinate/polynicotinate)	200 mcg	167%
Molybdenum (amino acid chelate)	100 mcg	133%
Potassium (potassium chloride)	50 mg	1%
Chloride (potassium chloride)	45 mg	1%

42 Fruit & Vegetable Proprietary Blend 500 mg *
consisting of: Cinnamon, Turmeric, Ginger, Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Acai, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyll, Dandelion, Wheat Grass, Green Tea, Milk Thistle, Eleutherococcus Senticosus, Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya.

Spirulina	250 mg
Citrus Bioflavonoids	75 mg
L. Acidophilus	*300 Million CFU
Soy Isoflavones	25 mg
Mushroom Complex (from Shiitake, Reishi, and Maitake)	30 mg
Para-Aminobenzoic acid	50 mg
Hesperidin (95% Extract)	25 mg
Rutin	25 mg
Quercetin Dihydrate	5 mg
RNA/DNA Complex	10 mg
Choline Bitartrate	50 mg
Inositol	50 mg
Boron (as amino acid complex)	3 mg
Lutein (marigold flower extract)	1 mg
CoEnzyme Q10	10 mg
Grape Seed 95% Extract	25 mg
Pine Bark 95% Extract	25 mg
Green Tea 95% Extract	25 mg
Barley Grass	30 mg
Panax Ginseng (10% Extract)	30 mg
Eleutherococcus Senticosus Root	30 mg
Flaxseed Powder	30 mg
Oat Fiber (herb powder)	25 mg
Digestive Enzyme Complex (Betaine HCl, Pepsin, Bromelain, Cellulase, Trypsin, Lipase, Amylase)	110 mg
Trace Mineral Complex	1 mg
Proprietary Blend	220 mg
Bilberry (4:1 extract), Ginkgo Biloba (24%), Gotu Kola (powder), Yellow Dock (powder), Garlic (powder), Licorice Root (powder), Lecithin, and Apple Pectin.	

*Daily Value not established.
†Activity level at time of manufacture.

OTHER INGREDIENTS: Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, Croscarmellose Sodium, and Pharmaceutical Glaze.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat, or diagnose any disease.

SUGGESTED USE: Three tablets daily, taken with food as a dietary supplement, or as directed by a health care professional.

CAUTION: Do not exceed recommended dose. Avoid taking this supplement in conjunction with other supplements which contain high levels of chromium. Pregnant or nursing mothers, children under the age of 18, individuals with diabetes or a known medical condition, should consult a physician before taking this or any dietary supplement. Keep out of reach of children. Do not use if safety seal is broken or missing. Store in cool, dry place.

ALLERGEN WARNING: Contains Soy (Isoflavones, Lecithin), Milk (Trypsin), and Fish. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, eggs, peanuts, tree nuts, fish, and crustacean shellfish.

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