

MULTIVITAMIN & MINERAL POWDER

INCLUDES AMINO ACIDS

energy production[▼]

immune support[▼]

antioxidant support[▼]

MULTIVITAMIN • MULTIMINERAL

Dietary Supplement **Net Wt. 17.2 oz. (489 g)**



Gluten-Free



Nut-Free

Supplement Facts

Serving Size 1 Heaping Tablespoon (16.3 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	50	
Total Fat	1 g	1%†
Total Carbohydrate	3 g	1%†
Protein	8 g	
Vitamin A	4500 mcg RAE (15000 IU) (as 53% palmitate, 47% beta carotene)	500%
Vitamin C (as ascorbic acid)	1000 mg	1556%
Vitamin D (as ergocalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopheryl acetate)	268 mg (400 IU)	1787%
Vitamin K (as phyloquinone)	5 mcg	4%
Thiamin (Vitamin B1)(as thiamin HCL)	25 mg	2083%
Riboflavin (Vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	100 mg NE	625%
Vitamin B6 (as pyridoxine HCL)	25 mg	1471%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	25 mcg	1042%
Biotin (as d-Biotin)	25 mcg	83%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate, lecithin)	100 mg	18%
Calcium (as calcium carbonate, dicalcium phosphate, from calcium caseinate)	490 mg	38%
Iron (as ferrous sulfate)	18 mg	100%
Phosphorus (as dicalcium phosphate, from calcium caseinate)	130 mg	10%
Iodine (as potassium iodide)	180 mcg	120%

	Amount Per Serving	% Daily Value
Magnesium (as magnesium carbonate)	200 mg	48%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as selenium proteinate)	50 mcg	91%
Copper (as copper amino acid chelate)	0.2 mg	22%
Manganese (as manganese carbonate)	4 mg	174%
Chromium (as chromium amino acid chelate)	50 mcg	143%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	111%
Potassium (as potassium citrate and potassium alginate)	90 mg	2%
Rice Bran	1000 mg	*
Lemon Bioflavonoids	400 mg	*
Lecithin (as soy lecithin)	350 mg	*
Inositol	100 mg	*
Hesperidin Complex	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Rutin	25 mg	*

† Percent Daily Value is based on a 2,000 calorie diet.
* Daily Value not established.

TYPICAL AMINO ACID PROFILE PER 16.3 g OF POWDER			
L-Alanine	240 mg	L-Lysine	624 mg
L-Arginine	311 mg	L-Methionine	260 mg
L-Aspartic Acid	520 mg	L-Phenylalanine	418 mg
L-Cysteine	35 mg	L-Proline	80 mg
L-Glutamic Acid	1750 mg	L-Serine	474 mg
L-Glycine	152 mg	L-Threonine	351 mg
L-Histidine	260 mg	L-Tryptophan	50 mg
L-Isoleucine	410 mg	L-Tyrosine	450 mg
L-Leucine	700 mg	L-Valine	465 mg

OTHER INGREDIENTS: Guar gum, xanthan gum, betaine hcl, kelp powder, papain.

CONTAINS: Milk and Soy.

DIRECTIONS: Shake or mix one (1) heaping tablespoon (or four (4) level teaspoons) with your favorite juice.

WARNING: Not to be taken by pregnant or nursing women or by children. Consult your physician prior to use if you have any medical conditions or are taking any medications.

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 doctor or poison control center immediately.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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