

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.

***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 2 Tablespoons or 1 Capful (1 fl. oz.) (29.57 ml)
Servings Per Container 30

Amount Per Serving		%DV
Calories	50	
Total Carbohydrate	13 g	4%**
Sugars	10 g	†
Vitamin A (as palmitate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D3 (cholecalciferol from lichen)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	200 IU	667%
Vitamin K (as phytonadione)	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 citrate complex)	50 mg	5%
Iron (as aminoate complex)	4.5 mg	25%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as citrate complex)	100 mg	25%
Zinc (as gluconate)	15 mg	100%
Selenium (as selenomethionine, aminoate complex)	25 mcg	36%
Copper (as aminoate complex)	0.7 mg	45%
Manganese (as gluconate)	4 mg	200%
Chromium (as polynicotinate)‡	20 mcg	17%
Potassium (as citrate, iodide)	50 mg	1%
Inositol	30 mg	†
Choline (as bitartrate)	13 mg	†
Lutein (active carotenoid from marigold flower extract)††	3 mg	†

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

†Daily Value (DV) not established.

Other ingredients: Water, fructose, vegetable glycerin, citric acid, natural flavors, magnesium oxide, calcium carbonate, xanthan gum, spirulina extract, copper chlorophyllin, sodium benzoate and potassium sorbate (preserve freshness), ferrous fumarate; **Whole Food PhytoAlgae** (Proprietary complex of spirulina [Hawaiian *Spirulina platensis*], [naturally occurring RNA (ribonucleic acid), DNA (deoxyribonucleic acid), Norwegian kelp [fucaceae {*Ascophyllum nodosum*}], Laminaria brown alga [*Laminaria digitata*], Irish moss [*Chondrus crispus*], dulse [*Palmaria palmata*], red seaweed [*Lithothamnium calcareum*], bladderwrack [*Fucus vesiculosus*], hijiki [*Sargassum fusiforme*], wakame [*Alaria esculenta*], nori [*Porphyra yezoensis*], kombu [*Laminaria setchellii*], chlorella [*Chlorella vulgaris*]); **Whole Food Amino Acid Complex** (from spirulina and rice bran); **Whole Food Antioxidants** (Proprietary Blend: Turmeric rhizome, milk thistle seed, ginger root, Chinese green tea leaf [decaffeinated]); **Whole Food Enzymes** (Proprietary Enzyme Complex: Papain [papaya fruit], bromelain [from pineapple fruit], amylase [*Aspergillus oryzae*], lipase [*R. oryzae*], cellulase [*T. longibrachiatum*], protease [*A. oryzae*]); bioflavonoids (from *Citrus limon* exocarp), black currant, sunflower seed oil; **Food Fiber Complex** (Proprietary Fiber Blend: Apple pectin, non-GMO tapioca, arabinogalactan, modified citrus pectin); black currant fruit, quercetin (from *Dimorphandra mollis*), rutin (from *Sophora japonica* leaf), hesperidin (from *Citrus limon* exocarp), glutathione, *Echinacea purpurea/angustifolia* root and aerial, thyme leaf, boron citrate, octacosanol, astragalus root, ligustrum berry, schisandra fruit, PABA (para-aminobenzoic acid), N-acetyl-cysteine, grape seed extract; **Neurosyn** (*Ginkgo biloba* leaf; *Panax ginseng*); Source-70 (whole-food-based soluble mineral complex); **Whole Food Wellness Complex** (Whole fruit concentrates: Apple, apricot, banana, camu-camu [*Myrciaria dubia*], cranberry, orange, peach, red raspberry, strawberry, black cherry, bilberry, plum, pear, beet, tomato, dandelion leaf, olive fruit, beet greens, cabbage leaf, cayenne [*Capsicum frutescens* fruit], onion bulb, parsley leaf, shiitake mushroom [*Lentinus edodes* mycelia], celery seed, pineapple, papaya fruit, red grape [*Vitis vinifera*], broccoli floret, carrot root, garlic clove, reishi mushroom [*Ganoderma lucidum* fruiting body], spinach leaf; chlorophyll (from spirulina), carotenoids and rice bran.

±±Standardized extract

Made with Vitashine™

‡ChromeMate® Brand Niacin-Bound Chromium is a registered trademark of InterHealth N.I.

††FloraGLO® is a registered trademark of Kemin Industries, Inc.

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DIRECTIONS: Shake well. As a dietary supplement, take two tablespoons or one capful (about 30 ml) once daily. **ULTRA Source of Life® Liquid** is so delicious, you can enjoy it straight from the bottle or mixed with a favorite beverage.

Convenient Drip-Proof Bottle.

Free from artificial colors and sweeteners.

KEEP TIGHTLY CLOSED. REFRIGERATE AFTER OPENING.

PRODUCT NO. 30531

