

About Just 1 Daily™

Just 1 Daily™ has long been the most nutritious, energetic one daily multiple on the market. Now, with organic spirulina, organic oat grass juice extract and chlorella, it's even better. As these foods energize every cell, its Superior Herbs support every aspect of metabolic function, harmonizing the entire body into an optimal state of health.*

Just 1 Daily™ does not contain artificial colorings or flavorings, GMOs, sugar, soy, yeast, dairy, gluten or wheat. It is suitable for vegetarians, and is guaranteed to your complete satisfaction.

*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.

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Just 1 Daily™

SuperFood Multiple

DIETARY SUPPLEMENT
60 TABLETS

SUGGESTED USE: One tablet daily. May be taken with a meal or on an empty stomach.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Ingredient	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200
Vitamin C (as Ca ascorbate)	240 mg	400
Vitamin D ₃ (as cholecalciferol)	1000 IU	250
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin K (as phylloquinone)	20 mcg	25
Vitamin B ₁ (as thiamine mononitrate)	23 mg	1500
Vitamin B ₂ (as riboflavin)	26 mg	1500
Niacin (as niacinamide, niacin)	25 mg	125
Vitamin B ₆ (as pyridoxine HCl)	30 mg	1500
Folate (as folic acid)	400 mcg	100
Vitamin B ₁₂ (as methylcobalamin)	100 mcg	1667
Biotin (as d-biotin)	100 mcg	33
Pantothenic acid (as d-calcium pantothenate)	30 mg	300
Calcium (as Ca ascorbate, pantothenate)	30 mg	3
Iodine (from kelp)	150 mcg	100
Magnesium (as Mg oxide, citrate)	25 mg	6
Zinc (as Zn lactate)	15 mg	100
Selenium (as Se l-methyl selenocysteine)	100 mcg	143
Copper (as Cu sebacate)	1 mg	50
Manganese (as Mn citrate)	3 mg	125
Chromium (as Cr polynicotinate)	100 mcg	83
Molybdenum (as Mo glycinate)	30 mcg	40
Potassium (as K citrate)	5 mg	<2

*Daily Value not established.

Other Ingredients: silicon dioxide, croscarmellose sodium, stearic acid, cellulose. **Storage:** Keep tightly closed at room temperature. **Caution:** Please keep all supplements out of children's reach.

Ingredient	Amount Per Serving	%DV
Minerals	26 mg	*
Complete ionic trace mineral complex, 25 mg; Boron (as B glycinate), 1 mg; Vanadium (as V glycinate), 20 mcg		
SuperFood Complex	388 mg	*
Chlorella, 125 mg; Organic Spirulina, 125 mg; Organic Oat grass juice extract (30:1), 100 mg; North Atlantic kelp, 38 mg		
Herbal Extracts	220 mg	*
Codonopsis root (10% polysaccharides), 50 mg; Schizandra fruit (2% schizandrins), 40 mg; Eleuthero root (0.8% eleutherosides), 40 mg; Astragalus root (15% polysaccharides), 40 mg; Fo ti root (12:1), 30 mg; Gynostemma (90% gypenosides), 20 mg		
Co-Nutrients	105 mg	*
Choline bitartrate, 50 mg; Inositol, 25 mg; L-Leucine, 20 mg; Mixed tocopherol complex, 10 mg		
Bioflavonoids	50 mg	*
Hesperidin (80%), 25 mg; Rutin, 15 mg; Quercetin (Saphora japonica), 10 mg		
Digestive Aids/Enzymes	10 mg	*
Broad spectrum, vegetarian, digestive plant enzymes		
Phyto-Nutrients		*
Just 1 Daily™ contains hundreds of valuable phyto-nutrient compounds.		

Estimated Whole Food/Herbal Value 6,600 mg