

POWER MULTI-U™

A Liquid Complete Multivitamin Supplement



Complete Daily Nutrition

Sea Vegetables & Algae

Whole Foods, SuperFruits, Phyto-Nutrients

Low Optimized Glycemic Index

Non GMO - Sugar Free - Gluten Free

100% Vegetarian

32 oz - 946 ml



Supplement Facts*

Serving Size: 1 oz. - 30 ml

Servings Per Container: 32

Amount Per Serving % D.V.*

Note: as with any natural product, color and taste may vary

Calories	28	
Total Fat	<1 g	<1
Total Carbohydrates	5 g	2
Dietary Fiber	2 g	8
Sugars	9 g	**
Sodium	29 mg	<1
Vitamin A (Retinyl Palmitate)	5,000 IU	100
Vitamin B1 (Thiamine)	3 mg	200
Vitamin B2 (Riboflavin)	3.5 mg	200
Vitamin B3 (Niacinamide)	20 mg	100
Vitamin B6 (Pyridoxal 5 phosphate)	4 mg	100
Vitamin B12 (Methylcobalamin)	200 mcg	3333
Folic Acid (100% from Certified Organic Citrus Lemon Extract - peel)	400 mcg	100
Biotin (USP)	600 mcg	200
Choline (Choline chloride)	100 mg	**
Vitamin C (Ascorbic acid, Acerola cherry, Citrus bioflavonoids, Certified organic whole-food vitamin mineral blend)	120 mg	200
Vitamin D (Cholecalciferol)	1000 IU	250
Vitamin E (D-tocopherol acetate) (from non-GMO sunflower oil)	30 IU	100
Calcium (Lithothamnion red algae) (plant source)	32 mg	3
Magnesium (Lithothamnion red algae) (plant source)	5 mg	1
Manganese (Manganese glycinate chelate)	1 mg	50
Molybdenum (Sodium molybdate)	75 mcg	100
Omega 3,6,9 Fatty Acids Blend: Sorage oil, Flax seed oil, Safflower oil, Sunflower oil	30 mg	**
Pantothenic acid (D-calcium pantothenate)	20 mcg	200
Selenium (L-selenomethionine)	70 mcg	100
Zinc (Zinc picolinate)	3 mg	21

Tomato Extract & Aztec Marigold Nutrient Blend:
Lycopene, Beta-Carotene & Tocopherols, Aztec Marigold (Tagetes erecta L.) (Flower) (containing 10% Lutein & 1.2% Zeaxanthin) 10 mg **

Power Sea/Aqua Nutrient Complex: 337 mg **
Cultivated Sea Vegetation Blend: Lithothamnion calcareum, Ascophyllum nodosum, Organic Broken-cell chlorella, Spirulina (arthropsira platensis)

Power Phyto-Minerals (80 Trace Minerals from Sea Vegetation)

Power Phyto-Nutrient Complex: 4663 mg **

Aloe vera juice, Citrus bioflavonoids, Noni extract (morinda citrifolia) (fruit), Pomegranate 4:1 extract (punica granatum), Pau d'arco (tabebuia impetiginosa), Irish Moss (chondrus crispus) (seal stone), Hi-Osc fruit and vegetable blend
Banana extract, Kiwi extract, mango extract, pineapple extract, cranberry extract, cherry extract, raspberry extract, red pepper extract, plum extract, apricot extract, ginger extract, broccoli extract, spinach extract, kale extract, cabbage extract, orange extract, grapefruit extract, lime extract, green tea extract, Bilberry Extract, Guava (Pavonia guajava) extract, Lemon (Citrus limon) extract, Salsalita Grandiflora extract, Amia (Phyllanthus emblica) berry extract, Holy Basil (Ocimum sanctum) extract, Anatto (Bixa Orellana) extract, Green Coffee Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Acerola Extract, Camu-Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Brussels Sprout Concentrate)

Power Digestive System Complex: 2250 mg **
Isomalto-oligosaccharides (prebiotic fiber), FOS prebiotic blend, Green papaya juice, Bromelain

Power Anti-Aging Complex: 235 mg **

Methylsulfonylmethane, Glucosamine HCl USP (Vegan Source), Rhodiola rosea extract (root), Olive leaf extract (olea europaea), Ginkgo biloba leaf extract, Hyaluronic acid, Horsetail extract (Equisetum arvense) (aerial stems)

Power Vegan Amino Acid Complex: 50 mg **

(from Organic Quinoa) Alanine, Arginine, Aspartic Acid, Cysteine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Valine (Essential)

Power Cardio-Vascular, Liver Cleanse & Detox: 300 mg **

Trimethylglycine (all natural betaine from sugar beets (Beta vulgaris), Goji berry (Lycium barbarum) extract, Hawthorn berry (Crataegus oxyacantha) 4:1 extract, Whole grape extract (Vitis vinifera) (seed, skin & pulp), Panax ginseng extract (leaf), Milk Thistle (Silybum marianum) fruit extract, Suma extract (ptarmica paniculata) (root), Alpha lipoic acid, Horse chestnut (Aesculus hippocastanum) (seed) extract, Eleuthero (eleutherococcus senticosus) extract, Coenzyme Q10 (as ubiquinol), Resveratrol (Polygonum cuspidatum root)

Other Ingredients: Filtered Water, Erythritol, Vegetable Glycerin USP, Xylitol, Citric acid, Malic acid, Natural flavoring, Xanthan gum, Potassium Sorbate and Potassium benzoate (to preserve freshness), Rosemary leaf extract.

* (% D.V.) Percent Daily Values based on 2000 Calorie diet.

** Percent Daily Value not established.

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

CONTAINS NO ARTIFICIAL COLORING OR FLAVORING; SUGAR, STARCH, SALT, YEAST, CASEIN, WHEAT, GLUTEN, SOY OR MILK DERIVATIVES

If you are pregnant, nursing or have a medical condition consult a healthcare professional before using this product. Do not use if inner seal is missing or damaged.

RECOMMENDATION: 1 oz. per day. Take in the morning or a 1/2 oz. twice a day - best taken with food.