

*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.



HUM[®]

BEAUTY STARTS FROM WITHIN



BASE CONTROL

key nutrients critical for good
looks & health*

22 essential nutrients + iron

DIETARY SUPPLEMENT
30 VEGETARIAN TABLETS

Meet Base Control, the
foundation of our nutritional
programs.*

Delivering 22 essential micro-nutrients
plus iron, it perfectly complements
any diet and fills potential nutrition
gaps. Best of all, we managed to pack
all this goodness in one small tablet
you only need to take once a day.*

- ✓ Pure & Potent Nutrients
- ✓ Non-GMO
- ✓ Gluten-Free
- ✓ Sustainably Sourced
- ✓ No Artificial Colors or Preservatives

RECOMMENDED BY
LEADING
NUTRITIONISTS

take 1 tablet daily
with food

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is not intended to diagnose, treat, cure or
prevent any disease.

SUPPLEMENT FACTS

Serving Size: 1 tablet

Servings per Container: 30

	AMOUNT PER SERVING	% DAILY VALUE
Vitamin A (as beta-carotene)	1,500 mcg RAE	167%
Vitamin C (as calcium ascorbate)	100 mg	111%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamin HCl)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	15 mcg	625%
Biotin	30 mcg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Calcium (from calcium phosphate, ascorbate)	100 mg	8%
Iron (from ferrous fumarate)	18 mg	100%
Phosphorous (from dibasic calcium phosphate)	68 mg	5%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc oxide, gluconate)	15 mg	136%
Selenium (from L-selenomethionine)	25 mcg	45%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganese gluconate)	1 mg	43%
Chromium (from chromium chloride)	25 mcg	71%
Molybdenum (from sodium molybdate)	5 mcg	11%

MANUFACTURED FOR HUM NUTRITION
LOS ANGELES, CA 90069 (888) 647-8880
MADE IN THE USA

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 center immediately.

Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.
Consult your healthcare professional prior to use if you have or suspect a
medical condition, are taking prescription drugs, or are pregnant or lactating.
Manufactured for Hum Nutrition Inc, Los Angeles, CA 90046 (800) 805-3861