



Suggested Use: As a dietary supplement, adults take 1 packet daily with a meal (or divide dose during day) or take as directed by your health care professional. Best results obtained with daily use.

Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	1,500 mcg 167%	Pomegranate Extract (fruit)	125 mg *
Vitamin C (as magnesium ascorbate and ascorbic acid)	500 mg 556%	ellagic acid 50 mg/40%	
Vitamin D (as Cholecalciferol)	50 mcg (2,000 IU) 250%	Ginkgo Biloba, Ginkgo biloba (Leaf)	10 mg *
Vitamin E (as d-Alpha Tocopheryl Succinate and Mixed Tocopherols)	134 mg 893%	Rosemary Leaf Extract	10 mg *
Vitamin B-1 (as Thiamine HCl)	12 mg 1,000%	Grape Seed Extract	10 mg *
Vitamin B-2 (Riboflavin)	5 mg 385%	Tocotrienols/Tocopherols Complex	10 mg *
Niacinamide (Vitamin B-3)	50 mg 313%	Silica	10 mg *
Vitamin B-6 (as Pyridoxine HCl)	15 mg 882%	Lutein (FloraGLO®)	10 mg *
Folate 667 mcg DFE (400 mcg folic acid)	167%	L-Glutathione	15 mg *
Vitamin B12 (as Methylcobalamin)	300 mcg 12,500%	Purity's BioAbsorb Complex	13 mg *
Biotin	300 mcg 1,000%	Bioperine® Black pepper extract (fruit) Lactospore®	
Pantothenic Acid (as Calcium Pantothenate)	25 mg 500%	Boron (amino acid chelate)	3 mg *
Calcium (as Calcium Citrate)	25 mg 2%	Lycopene	2 mg *
Iodine (as Iodine Chelate)	100 mcg 67%	Coenzyme Q10	2 mg *
Magnesium (as Magnesium Ascorbate and Magnesium Oxide)	25 mg 6%	Purity's Phytonutrient and Super Food Circulation Support Blend (Spectra™)	50 mg *
Zinc (as Zinc Citrate)	15 mg 136%	Coffea arabica Extract, Broccoli Sprout Concentrate,	
Selenium (as Selenium Yeast)	150 mcg 273%	Green Tea Extract, Onion Extract, Apple Extract,	
Chromium (as Chromium Picolinate)	200 mcg 571%	Acerola Extract, Camu Camu Concentrate, Quercetin,	
Molybdenum (as Krebs†)	50 mcg 111%	Tomato Concentrate, Broccoli Concentrate, Acai Concentrate,	
Potassium (as Potassium Chloride)	50 mg 1%	Turmeric Concentrate, Garlic Concentrate, Basil Concentrate,	
		Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate,	
Citrus Bioflavonoids	150 mg *	Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate,	
Cranberry	50 mg *	Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate, Maltodextrin and Silicon Dioxide	
Inositol (as inositol hexaphosphate/IP-6)	50 mg *	OptiBerry® Super Fruits Blend	30 mg *
Quercetin	50 mg *	Wild Blueberry Extract, Strawberry Extract, Cranberry Extract,	
Garlic (odor modified)	50 mg *	Wild Bilberry Extract, Elderberry Extract, Raspberry Extract	
L-Taurine	50 mg *	providing the Anthocyanins Malvidin, Cyanidin, Delphinidin and Petunidin.	
Flax Seed Powder	35 mg *		
Ascorbyl Palmitate	25 mg *		
Alpha Lipoic Acid	25 mg *		
Betaine HCl	25 mg *		
Choline (as Choline Bitartrate)	25 mg *		
Inositol	25 mg *		
Papain	25 mg *		

Other ingredients: Cellulose (vegetarian capsule), microcrystalline cellulose, vegetable stearate and stearic acid.

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Spectra™ is a trademark of FutureCeuticals.

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Krebs† is a complex of Citrate, Fumarate, Malate, Glutarate and Succinate.



Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 30

Two Soft Gels Contain	% Daily Value
Calories	20
Total Fat	2 g 3%*
Polyunsaturated Fat	1.5 g †
Cholesterol	Less than 5 mg <2%*
Omega-3 Fatty Acids	1280 mg †
EPA (Eicosapentaenoic acid)	640 mg †
DHA (Docosahexaenoic acid)	420 mg †
Other Omega-3s	220 mg †
CoQ10	50 mg †

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

Ingredients: Highly Refined and Concentrated Omega-3 Fish Oil (anchovy, sardine, mackerel), Capsule Shell (gelatin, glycerin, purified water, caramel color), Beeswax, Coenzyme Q10, **Proprietary LemonLock™ Freshness System** (natural lime flavor, natural lemon flavor, antioxidant blend consisting of natural tocopherols (soy), rosemary extract, and ascorbyl palmitate), Lecithin (soy).

Contains fish (anchovy, sardines, mackerel) and soy.