

Typical analysis per serving:

B1 Thiamin	1.5 mg
Riboflavin B2	1.5 mg
Niacin	16 mg
B6	2 mg
Folate	400 mcg
B12	6 mcg
Biotin	150 mcg
Pantothenic Acid	5 mg
Phosphorous	11 mg
Iodine	500 mcg
Magnesium	3 mg
Zinc	6 mg
Selenium	150 mcg
Copper	105 mcg
Manganese	1.5 mg
Chromium	90 mcg
Molybdenum	100 mcg

Our product is truly a food multi, and will provide approximately 1 full gram of phyto-based protein per serving.

Typical amino acid breakdown per serving:

Alanine	80 mg
Arginine	55 mg
Aspartic Acid	135 mg
Glutamic Acid	180 mg
Glycine	55 mg
Histidine	25 mg
Isoleucine	55 mg
Leucine	85 mg
Tryptophan	12 mg
Lysine	100 mg
Methionine	20 mg
Phenylalanine	50 mg
Proline	45 mg
Serine	60 mg
Threonine	65 mg
Tyrosine	40 mg
Valine	70 mg
Cystine	10 mg

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, soy, eggs, peanuts, tree nuts, crustacean shellfish or fish. Suitable for vegans.

Each serving provides over 1.2 grams of probiotic based whole cell protein matrix. A special fermentation process of *Saccharomyces cerevisiae* allows essential vitamins and minerals to interact with cell components while gentle processing conditions preserve their levels along with vital micronutrients and bio-active peptides. Just as organic vegetables will contain higher amounts of nutrients, but will vary based on the living cells that make up the plant, the nutrient amounts in the inactivated cells of our Complete Food Multi will have naturally occurring variations. Our products are designed to maximize your health and performance using the power of sustainable foods. Suitable for the whole family!

¹ Standardized blend typically contains at least 40% ursolic acid and 5% gingerols for those botanicals

**PURITY + POTENCY
GUARANTEED**



To report a serious adverse event, call 1-888-710-0006



**NATURAL
NUTRA**

Soy Free • Vegan

COMPLETE FOOD MULTI

Nature-based potency vitamins & minerals

Probiotic-Based Whole Cell Protein Matrix



60 VEGAN CAPSULES

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size 2 Vegan Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene).....1200 mcg RAE (4,000 IU)	133%
Vitamin C (from acerola)(fruit)	12 mg 13%
Vitamin D.....	1.2mcg 6%
Calcium (as earth based carbonate, whole cell protein matrix). 40 mg	3%
Iron	0.75 mg 4%

Traditional Wellness Support Blend

Indian Frankincense (Boswellia Serrata) (gum), Ginger Extract (rhizomes)
Rosemary Extract (leaf)¹

11 mg

Green Leaf Blend

Alfalfa (aerial part), Parsley (leaf)..... 10 mg

Cellular and Skin Protection Blend

Watercress (leaf), Organic blueberries (fruit), cranberry extract (fruit)..... 9 mg

* % Daily Value not established

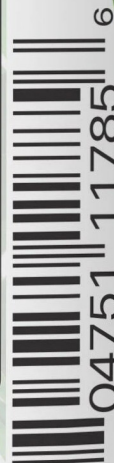
OTHER INGREDIENTS: VEGETARIAN CAPSULE (CELLULOSE), PLANT CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA.

Formulated for Hurd Dynamics LLC, DBA Natural Nutra, Tampa, FL 33615 WWW.NATNUTRA.COM

SUGGESTED USE: Take two capsules daily, with or without food.

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.

KEEP OUT OF REACH OF CHILDREN.



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