



BodSmith

ADVANCED MULTIPLE

Whole Food Supplement

100% Vegetarian
Amino Acids / Minerals
Over 200 Nutrients
8 Blends & Complexes



1 quart

32 fl. oz.

946 ml.

SUPPLEMENT FACTS

Serving Size: 1 oz. Daily (2 Tablespoons)

Servings Per Container: 32

(May also be taken with food, or mixed with juice or water.)

Refrigerate After Opening

	Per 1 oz. serving	DV%†
Calories	28	
Total Carbohydrates	5 g	2.5%
Sugars	0 g	**
Fat	<1g	<1%
Sodium	23 mg	<1%
Dietary Fiber	2g	
Vitamin A (as retinyl palmitate)	5,000 IU	100%
Vitamin C (as ascorbic acid, Ascorbyl-2-palmitate, alpha tocopherols, certified organic whole-food vitamin mineral blend)	120 mg	200%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol acetate) (from non-GMO sunflower oil and certified organic whole-food vitamin mineral blend)	30 IU	100%
Thiamin - Vitamin B1 (as Thiamine HCl USP, certified organic whole-food vitamin mineral blend)	3 mg	200.0%
Riboflavin - Vitamin B2 (as Riboflavin 5-phosphate, certified organic whole-food vitamin mineral blend)	3.5 mg	200%
Niacin - Vitamin B3 (as Inositol hexanicolinate USP, certified organic whole-food vitamin mineral blend)	20 mg	100%
Vitamin B6 (as pyridoxal 5-phosphate, certified organic whole-food vitamin mineral blend)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin, certified organic whole-food vitamin mineral blend)	200 mcg	333.3%
Biotin (as biotin USP, certified organic whole-food vitamin mineral blend)	600 mcg	200%
Pantothenic acid (as d-calcium pantothenate, certified organic whole-food vitamin mineral blend)	20 mg	200%
Calcium (from alfalfa rhizome and algae) (plant source)	32 mg	3%
Magnesium (from alfalfa rhizome and algae) (plant source)	5 mg	1%
Zinc (as zinc picolinate)	3 mg	21%
Selenium (as selenomethionine)	70 mcg	100%
Chromium (as chromium polynicotinate)	120 mcg	100%
Manganese (as manganese glycinate chelate)	1 mg	50%
Molybdenum (as sodium molybdate)	75 mcg	100%
Omega 3,6,9 Fatty Acid Blend	30 mg	**
Borage oil, Flax seed oil, Sunflower oil		

†These statements have not been evaluated by the FDA. This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease.

Distributed By: **BodSmith**
P.O. Box 513
Litchfield, MI 49625
www.bodsmith.cc

Natural Carotenoid Blend	10 mg	**
Adic Margid (Tagetes erecta L.) (flower) (containing Lutein & zeaxanthin), lycopene, beta-carotene, phylic phytochrome (from natural tomato extract)		
Phibotic Multi-Fiber Complex and Digestive Support	2,250 mg	**
alpha-D-glucosaccharides (prebiotic fiber), SoFOS prebiotic blend, Green papaya juice, Bromelain		
Super Phyllo Food Complex	5,300 mg	**
Alfalfa juice, Stevia blend (Lithothamnium calcareum, Asaphragmus nodosum), Citrus bioflavonoids, Noni extract (Morinda citrifolia) (fruit), Pomegranate 4:1 extract (punica granatum), Pau Pau (Ficus impatiens), Spirulina (Arthrospira platensis), Irish moss (Chondrus crispus) (seaweed), 14-Once fruit and vegetable blend: Banana extract, kiwi extract, mango extract, pineapple extract, raspberry extract, raspberry extract, red pepper extract, plum extract, apricot extract, piper extract, broccoli extract, spinach extract, kale extract, cabbage extract, orange extract, grapefruit extract, lime extract, green tea extract, Bilberry Extract, Certified Organic Guava (Psidium guajava) extract, Certified Organic Lemon (Citrus limon) extract, Certified Organic Seaberry (Hippophae rhamnoides) extract, Certified Organic Amla (Phyllanthus emblica) berry extract, Certified Organic Holy Basil (Ocimum sanctum) extract, Certified Organic Annona (Bixa Oleracea) extract, Green Coffee Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Amla 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, Blackberry Extract, Chokeberry Concentrate, Raspberry Concentrate, Spruce Concentrate, Kale Concentrate, Brussels Sprout Concentrate, Organic Broken cell chlorella		
Cardamom, Lemon, Lime, Orange	400 mg	**
and Digestive Support		
Monkshood (all natural betaine from sugar beets beta-glucan), Choline (as choline chloride), Gogi berry (Lycium barbarum) extract, Hawthorn berry (Crataegus oxyacantha) 4:1 extract, Whole grape extract (Vitis vinifera) (seed, skin & pulp), Panax ginseng extract (leaf, Mi, Thistle (Silybum marianum) fruit		
extract, Sumo extract (alfalfa paniculata) (root), Alpha lipoic acid, Horse chestnut (Aesculus hippocastanum) (seed) extract, Eleuthero (Eleutherococcus senticosus) extract, Coenzyme Q10 (as ubiquinone), Resveratrol (polyphenol cupressin root)		
Youth and Energy Complex	235 mg	**
MSM (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)		
Vegetarian Amino Acid Complex (from organic quinoa)	**	**
Alanine, Arginine, Aspartic Acid, Cysteine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Valine		†Essential
Sea Vegetation Derived Ionic Trace Minerals	**	**
Antimony, Barium, Beryllium, Bismuth, Boron, Bromine, Caesium, Carbon, Cerium, Chlorine, Chromium, Cobalt, Dysprosium, Erbium, Europium, Fluorine, Gadolinium, Germanium, Gold, Gallium, Hafnium, Holmium, Indium, Iridium, Lanthanum, Lithium, Lutetium, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Osmium, Oxygen, Palladium, Platinum, Praseodymium, Rhenium, Rhodium, Rubidium, Rutherfordium, Samarium, Scandium, Selenium, Silver, Sodium, Strontium, Sulfur, Tantalum, Tellurium, Thallium, Thorium, Thulium, Tin, Titanium, Tungsten, Vanadium, Ytterbium, Yttrium, Zirconium		

† Based on a 2000 calorie diet

** Daily Value Not Established

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.

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

100% VEGETARIAN • SOY FREE

MADE IN THE USA

