

# Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

| Amount Per Serving                                                     |                        | %DV  |
|------------------------------------------------------------------------|------------------------|------|
| Vitamin A (as Natural Beta Carotene from <i>Blakeslea Trispora</i> )   | 1000 mcg RAE           | 111% |
| Vitamin C (from L-Ascorbate and Organic Acerola Cherry Extract)        | 180 mg                 | 200% |
| Vitamin D3 (as Plant-based Cholecalciferol from Wild-harvested Lichen) | 25 mcg (1,000 IU)      | 125% |
| Vitamin E (from d-Alpha Tocopheryl from Sunflower)                     | 22 mg alpha tocopherol | 147% |
| Vitamin K2 (as Menaquinone MK-7)                                       | 120 mcg                | 100% |
| Vitamin B1 (from Thiamine HCl)                                         | 3 mg                   | 250% |
| Vitamin B2 (Riboflavin)                                                | 3 mg                   | 231% |
| Vitamin B3 (as Niacinamide)                                            | 20 mg NE               | 125% |
| Vitamin B6 (from Pyridoxal-5-Phosphate)                                | 4 mg                   | 235% |
| Folate (as Active L-5-Methylfolate)                                    | 400 mcg DFE            | 100% |
| Vitamin B12 (as Methylcobalamin)                                       | 6 mcg                  | 250% |
| Biotin (as D-Biotin)                                                   | 150 mcg                | 500% |
| Vitamin B5 (from d-Calcium Pantothenate)                               | 9 mg                   | 180% |
| Calcium (from Dicalcium Phosphate and Aquamin® from Marine Algae)      | 190 mg                 | 15%  |
| Phosphorous (from Dicalcium Phosphate)                                 | 125 mg                 | 10%  |
| Iodine (from Wild, Hand-harvested Kelp)                                | 150 mcg                | 100% |
| Magnesium (as Aquamin® Magnesium from Marine Algae)                    | 300 mg                 | 71%  |
| Zinc (from Zinc Amino Acid Chelate)                                    | 11 mg                  | 100% |
| Selenium (from Selenium Glycinate Complex)(TRAACS®)                    | 55 mcg                 | 100% |
| Copper (as Copper Aminoamin)                                           | 0.9 mg                 | 100% |
| Manganese (as Manganese Sulfate)                                       | 2.3 mg                 | 100% |
| Chromium (from Chromium Picolinate)                                    | 35 mcg                 | 100% |
| Molybdenum (as Molybdenum Krebs Complex)                               | 45 mcg                 | 100% |
| Potassium (from Potassium Chloride)                                    | 75 mg                  | 2%   |

| Amount Per Serving                                                                                                                                                                                                                                                                                         |        | %DV |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----|
| <b>Organic Fruit &amp; Vegetable Blend</b>                                                                                                                                                                                                                                                                 | 200 mg | **  |
| Organic Beet (Root), Organic Carrot (Root), Organic Black Currant (Leaves), Organic Blueberry (Berry), Organic Broccoli (Stem & Floret), Organic Cranberry Extract (Fruit), Organic Kale (Whole Plant), Organic Pomegranate (Whole Fruit Juice), Organic Raspberry (Berry), Organic Spinach (Leaf & Stalk) |        |     |
| <b>Digestive Enzyme &amp; Probiotic Blend</b>                                                                                                                                                                                                                                                              | 120 mg | **  |
| Protease (to break down protein), Amylase (to break down carbs), Lipase (to break down fats), <i>B. breve</i> , <i>L. reuteri</i>                                                                                                                                                                          |        |     |
| <b>Energy Blend*</b>                                                                                                                                                                                                                                                                                       | 100 mg | **  |
| Organic Maca (Root), Organic Decaf Green Tea (Leaf), Organic Panax Ginseng Extract (Dried Root), Co-Enzyme Q10 (Ubidecarenone)                                                                                                                                                                             |        |     |
| <b>Brain Health Blend*</b>                                                                                                                                                                                                                                                                                 | 60 mg  | **  |
| Organic <i>Ginkgo biloba</i> (Leaf), Organic Ginger (Root), Inositol, Boron (from Boron Citrate)                                                                                                                                                                                                           |        |     |
| <b>Heart Health Blend*</b>                                                                                                                                                                                                                                                                                 | 50 mg  | **  |
| Organic Turmeric (Root), Organic Ceylon Cinnamon (Bark), Organic Grape Extract (Seed), Organic Resveratrol (from Knotweed)(Root)                                                                                                                                                                           |        |     |
| <b>Eye Health Blend*</b>                                                                                                                                                                                                                                                                                   | 15 mg  | **  |
| Rutin (from <i>Sophora japonica</i> )(Bud), Lycopene, Lutein (from Marigold flowers), Zeaxanthin (from Marigold flowers)                                                                                                                                                                                   |        |     |

\*\*Daily Value (DV) not established.



NO GMOs



NO SOY



NO GLUTEN



VEGAN FRIENDLY

NO COLORING,  
PRESERVATIVES  
OR FLAVORING

**Suggested Use:** Take 4 capsules daily. For best results, take 2 capsules with breakfast and 2 capsules with dinner. Capsules may be opened and powder added to your food or drink.

**Does NOT contain** GMOs, soy, gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

**Caution:** Keep out of reach of children. As with any dietary supplement, consult your healthcare practitioner before using this product. Store in a cool, dry place. Do not use if safety seal under the lid is broken or missing.

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\*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.

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