



Whole Food
Vitamin-Mineral
Complex
Dietary Supplement
120 TABLETS

Supplement Facts

Serving Size 3 Tablets Servings Per Container 40

Amount Per Serving			% DV	Amount Per Serving			% DV
Vitamin A (as 100% beta carotene)	5000 IU	100%		RNA (Ribonucleic Acid)	35 mg	*	
Vitamin C (as L-ascorbic acid)	500 mg	833%		L-Glutathione	5 mg	*	
Vitamin D (as ergocalciferol)	800 IU	200%		Lutein	10 mcg	*	
Vitamin E (as d-alpha Tocopheryl succinate)	100 IU	333%		Green Source Enzyme Blend	50 mg	*	
Thiamin (B-1) (as thiamin mononitrate)	25 mg	1667%		(Betaine HCl, Bromelain (from pineapple), Papain (papaya enzyme), Amylase, Lipase, Cellulase, Protease)			
Riboflavin (Vitamin B-2)	25 mg	1471%		Green Source Probiotic Blend	25 mg	*	
Niacin (as niacinamide)	25 mg	125%		(B. bifidum, L. bulgaricus, L. acidophilus)			
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%		Green Source Omega Blend	300 mg	*	
Folic Acid	400 mcg	100%		(Flaxseed Oil, Sunflower Oil, Borage Powder)			
Vitamin B-12 (as cyanocobalamin)	250 mcg	4167%		(Contains Omega-3 36 mg and Omega-6 12 mg)			
Biotin (as d-Biotin)	300 mcg	100%		Green Source Green and Whole Food Blend	1230 mg	*	
Pantothenic Acid (as calcium pantothenate)	30 mg	300%		(Oat Ext. (aerial), Chlorella (plant), Wheat Grass (aerial), Spirulina (plant), Apple Pectin (fruit), Barley Grass (aerial), Sodium Copper Chlorophyllin)			
Calcium (as calcium carbonate)	268 mg	27%		Green Source Herbal Blend	100 mg	*	
Iron (as ferrous sulfate)	15 mg	83%		(Echinacea purpurea (aerial), Ginger (root), Milk Thistle (seed), Cayenne (fruit), Korean Ginseng Ext. (root), Ginkgo Biloba Ext. (leaf), Goldenseal (root))			
Iodine (as kelp)	150 mcg	100%		Green Source Vegetable Blend	100 mg	*	
Magnesium (as magnesium oxide)	125 mg	31%		(Garlic (bulb), Wheat Grass (aerial), Beet Root Pwd. Carrot Pwd., Parsley Pwd., Asparagus Pwd. and Extracts of Broccoli, Cabbage, Brussels Sprouts, Califlower and Kale)			
Zinc (as zinc oxide)	15 mg	100%		Green Source Fruit Blend	100 mg	*	
Selenium (as L-selenomethionine)	25 mcg	36%		(Grapefruit Ext. , Apple Pwd., (fruit), Papaya Fruit Pwd., Peach (fruit), Strawberry (fruit), Acai (fruit), Cranberry (fruit), Blueberry (fruit), Bilberry (fruit), Pomegranate (fruit), Pineapple (fruit), Orange (fruit), Noni Ext.(fruit))			
Copper (as cupric gluconate)	0.5 mg	25%		Green Source Mushroom Blend	50 mg	*	
Manganese (as manganese gluconate)	4 mg	200%		(Shiitake Ext., Maitake (aerial), Reishi Ext.)			
Chromium (as chromim picolinate)	100 mcg	83%					
Molybdenum (as sodium molybdate)	51 mcg	68%					
Chloride (as potassium chloride)	45 mg	1%					
Sodium	10 mg	<1%*					
Potassium (as potassium chloride)	50 mg	1%					
Choline Bitartrate (as choline bitartrate)	50 mg	*					
Inositol	25 mg	*					
PABA (Para-Aminobenzoic Acid)	25 mg	*					
Boron (as Sodium Borate)	1 mg	*					
Citrus Bioflavonoids (fruit)	60 mg	*					
Hesperidin Complex (fruit)	20 mg	*					
Rutin	20 mg	*					
Quercetin	20 mg	*					
DNA (Deoxyribonucleic Acid)	1 mg	*					

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with a meal or as desired.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Suitable for Vegetarians/Vegans.

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Conforms to USP <2091> for weight. Meets USP<2040> disintegration for maximum bioavailability.

Other Ingredients: Vegetable cellulose, silica, vegetable magnesium stearate, vegetable stearic acid. Contains milk and wheat ingredients.

CAUTION: If you are pregnant or nursing, consult your physician before taking this product. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers.

CONTAINS NO artificial color, flavor, sugar or fish.

Rev. #02

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 contact a doctor or poison control center immediately.

Distributed by: **Wonder Laboratories**®, 115 S.C.T. Ct., White House, TN 37188 **Made in USA**

* Daily Value not established.