suggested use: As a dietary supplement take 4 veggie capsules once daily, preferably with a meal and water, or as directed by healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of six KEEP THIS PRODUCT OUT OF REACH OF CHILDREN In the event of an accidental overdose, call a doctor or Poison Control Center immediately.

\* 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.

**ZERO:** GMOs, Preservatives, Stearates, Artificial Ingredients, Binders, Dioxides, Lactose DOES NOT CONTAIN: Milk, Tree Nuts, Wheat, Peanuts, Soy, Eggs, Gelatin, Fish, Shellfish

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AND MINERALS

Q♂ Formulated for Men and Women\*

Minerals, Enzymes, Probiotics and Omegas

Energy, Immune and Bone Health\*

ALL NATURAL DIETARY SUPPLEMENT

120 Vegetable Capsules

## Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

30.	Amount Per Serving %DV
Vitamin A (as Beta-Carotene; from D	), salina) 250 mg PAF
. A lea ACCOUNT, AUIG. HOILI 100	iola ollolly lallma das.
- no los Lilolecalcitotos, nom E	ichen) 25 mcg 125%
Thomin F (Trom Nice Dian)	20 mg 133%
Thiamin (as Benfotiamine)	4 mg 333%
Riboflavin (from Guava <sup>†</sup> )	3 mg 231%
· · · /co Miacinamine)	20 mg 1050/
Vision RG 129 PV/100XdI J - FITOSPITATE	e (P-3-P)  4 mg 2250/
rulato foe Austrefolice (65)-3-Meurivil	letra- 1134 mcg 283%
hudrotolate (L-3-IVI I IIII)	DFE
Vitamin B12 (as Methylcobalamin)	15 mcg 625%
Biotin	300 mcg 1,000%
Pantothenic Acid (as Calcium Pantothe	enate) 20 mg 400%
Choline (from Sunflower)	23 mg 4%
Calcium (Citrate)	200 mg 15%
Iron (as Ferrous Fumarate)	14 mg 78%
Phosphorus (as Dicalcium Phosphate)	100 mg 8%
lodine (from Kelp)	150 mcg 100%
Magnesium (as Citrate)	300 mg 71%
Zinc (as Amino Acid Chelate)	15 mg 136%
Selenium (as L-Selenomethionine)	70 mcg 127%
Copper (as Amino Acid Chelate)	0.9 mg 100%
Manganese (as Sulfate)	1.8 mg 78%
Chromium (as Picolinate)	108 mcg 309%

Molybdenum (from Krebs Complex)	45 mcg 100%
Fruit & Vegetable Blend  Beet (root)†, Carrot (root)†, Broccoli (w (whole plant)†, Apple (fruit)†, Black Cu (fruit)†, Cranberry (fruit)†, Pomegranat (fruit)†, Spinach (whole plant)†, Tomate	hole plant)†, Kale rrant (fruit)†, Blueberry e (fruit)†, Raspherry
Enzyme & Probiotic Blend	155 mg **

Amount Per Serving %DV

Protease, Amylase, Lipase, B. laterosporus, L. reuteri, L. acidophilus

100 mg Brain Blend Decaffeinated Green Tea (leaf), Ginkgo biloba (leaf)† Ginger (root)†, Inositol, Boron Glycinate

90 mg leart Blend Turmeric (Curcuma longa, root)†, Ceylon Cinnamon

Cinnamomum verum, bark)†, Grape (seed)†, Resveratrol from Grapes)†, Coenzyme Q10 (CoQ10; from Algae)

ve Blend 20 mg Rutin (from Black Olives), Lycopene (from Tomatoes), Zeaxanthin (from Marigold flowers), Lutein (from Marigold flowers), Astaxanthin (from Algae)

itamin K2 (as Menaquinone-7 from 80 mcg B. lichenformis

\*Daily Value (DV) not established. †Organic Ingredient

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