



Core BASICS

Multi-Vitamin-Mineral

High Performance Supplements for Low Carb Lifestyles

90 tablets

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	%Daily Value
Vitamin A (beta-carotene)	10,000 IU 200%
Vitamin C (ascorbic acid)	1000 mg 1667%
Vitamin D-3 (cholecalciferol)	400 IU 100%
Vitamin E (d-Alpha tocopheryl acetate)	200 IU 667%
Vitamin K-1 (phytonadione)	100 mcg 125%
Vitamin B-1 (thiamine mononitrate)	50 mg 3333%
Vitamin B-2 (riboflavin)	50 mg 2941%
Niacin (niacinamide)	50 mg 250%
Vitamin B-6 (pyridoxine hcl)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (cyanocobalamin)	100 mcg 1667%
Biotin	100 mcg 33%
Pantothenic Acid (d-calcium pantothenate)	50 mg 500%
Calcium (carbonate / phosphate / citrate)	500 mg 50%
Phosphorus (di-calcium phosphate)	50 mg 5%
Iodine (from kelp)	150 mcg 100%
Magnesium (oxide/citrate)	250 mg 63%
Zinc (glycinate monohydrate)	15 mg 100%
Selenium (amino acid chelate)	200 mcg 266%
Copper (amino acid chelate)	1 mg 50%
Manganese (aminoate)	2 mg 100%
Chromium (picolinate / polynicotinate)	200 mcg 167%
Molybdenum (amino acid chelate)	100 mcg 133%
Potassium (potassium chloride)	50 mg 1%
Chloride (potassium chloride)	45 mg 1%

42 Fruit & Vegetable Proprietary Blend 500 mg
Consisting of Cinnamon, Turmeric, Ginger, Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Thistle, Eleutherococcus Senticosus, Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya.

Amount Per Serving	%Daily Value
Spirulina	250 mg *
Citrus Bioflavonoids	75 mg *
L. Acidophilus	†300 Million CFU *
Soy Isoflavones	25 mg *
Mushroom Complex (from Shiitake, Reishi and Maitake)	30 mg *
para-Aminobenzoic acid	50 mg *
Hesperidin (95% extract)	25 mg *
Rutin	25 mg *
Quercetin Dihydrate	5 mg *
RNA / DNA Complex	10 mg *
Choline Bitartrate	50 mg *
Inositol	50 mg *
Boron (as amino acid complex)	3 mg *
Lutein (marigold flower extract)	1 mg *
CoEnzyme Q10	10 mg *
Grape Seed 95% Extract	25 mg *
Pine Bark 95% Extract	25 mg *
Green Tea 95% Extract	25 mg *
Barley Grass	30 mg *
Panax Ginseng (10% extract)	30 mg *
Eleutherococcus Senticosus Root	30 mg *
Flaxseed Powder	30 mg *
Cat Fiber (herb powder)	25 mg *
Digestive Enzyme Complex (Betaine Hcl, Papain, Bromelain, Cellulase, Trypsin, Lipase, Amylase)	110 mg *
Trace Mineral Complex	1 mg *

Proprietary Blend 220 mg
Bilberry (4:1 extract), Ginkgo Biloba (24%), Gotu Kola (powder), Yellow Dock (powder), Garlic (powder), Licorice Root (powder), Lecithin and Apple Pectin.

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, croscarmellose sodium, and pharmaceutical glaze.

ALLERGEN WARNING: CONTAINS SOY (ISOFLAVONES, LECITHIN), MILK (TRYPSIN), AND FISH.

†Activity level at time of manufacture.

SUGGESTED USE: 3 tablets daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Avoid taking this product in conjunction with other dietary supplements which contain high levels of elemental chromium. Pregnant or nursing mothers, children under 18, if you are diabetic, or have a known medical condition, consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.

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.

For more information visit www.ketolabs.com

Made in USA

