

*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.



HUM[®]



BEAUTY STARTS FROM WITHIN

BASE CONTROL

key nutrients critical for good
looks & health*

22 essential nutrients + iron

DIETARY SUPPLEMENT
30 VEGETARIAN TABLETS

Meet Base Control, the
foundation of our nutritional
programs.*

Delivering 22 essential micro-nutrients
plus iron, it perfectly compliments
any diet and fills potential nutrition
gaps.* Best of all, we managed to
pack all this goodness in one small
tablet you only need to take once
a day.

☒ Pure & Potent
Nutrients

☒ Non-GMO

☒ Gluten-Free

☒ GMP Certified

☒ Sustainably
Sourced

☒ No Artificial
Colors or
Preservatives

RECOMMENDED BY
LEADING
NUTRITIONISTS

take 1 tablet daily
with food

MEET YOUR FREE NUTRITIONIST AT
HUMNUTRITION.COM

SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings per Container: 30

	AMOUNT PER SERVING	% DAILY VALUE
Vitamin A (as beta-carotene)	1,500 mcg RAE	167%
Vitamin C (as calcium ascorbate)	100 mg	111%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamin HCl)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folic Acid	400 mcg	167%
Vitamin B12 (as cyanocobalamin)	15 mcg	625%
Biotin	30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%
Calcium (calcium phosphate, ascorbate, pantothenate)	100 mg	8%
Iron (from ferrous fumarate)	18 mg	100%
Phosphorous (from dibasic calcium phosphate)	68 mg	5%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	50 mg	12%
Zinc (from zinc oxide, gluconate)	15 mg	136%
Selenium (from L-selenomethionine)	25 mcg	45%
Copper (from copper gluconate)	1 mg	111%
Manganese (from manganous gluconate)	1 mg	43%
Chromium (from chromium chloride)	25 mcg	71%
Molybdenum (from sodium molybdate)	5 mcg	11%

MANUFACTURED FOR HUM NUTRITION
LOS ANGELES, CA 90069 (888) 647-8880

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, call a doctor or poison center immediately.

Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. Manufactured for Hum Nutrition Inc, Los Angeles, CA 90046 (800) 805-3861