1st phorm

MICRO FACTOR

COMPLETE DAILY NUTRIENT

PACK

1 x Antioxidant
3 x Multi
1 x CoQ10
1 x Fruits & Veggies
1 x Probiotic
1 x EFA

LOT #: 1001115 EXP DATE: 08/2020

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ANTIOXIDANT

Supplement Facts

Serving Size: 1 Vcap
Servings Per Container: 30

	Amount per Serving	% Daily Value
Green Tea (Camellia sinensis) (Leaf) Extract (dbl. 95% Polyphenols, 45% EGCG) (epigallocatechin-3-O-gallate)[1]	250 mg	†
Spectra™ [Eriobotrydes Extract, Green Tea Extract, Broccoli Extract, Cranberry Extract, Grape Seed Extract, Tomato Concentrate, Rosehip Concentrate, Oats Germ Concentrate, Melaleuca, Acerola Extract, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Carrot Concentrate, Elderberry Concentrate, Marjoram Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Raspberry Concentrate, Strawberry Concentrate, Cranberry Concentrate, Apple Concentrate, Blackberry Concentrate, Silicon Dioxide, Citrus Pectin, Rosemary Extract Concentrate]	100 mg	†

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide

EFA

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 30

	Amount per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Polyunsaturated Fat	0.5 g	†
Vitamin E (α-Alpha Tocopheryl Acetate)	6.7mg α-tocopherol	45%
CLA Complex (80% Conjugated Linoleic Acid From Safflower Oil)	200 mg	†
GLA Complex (16.5% Gamma Linolenic Acid From Borage Seed Oil)	262 mg	†
ALA Complex (50% Alpha Linolenic Acid From Flaxseed Oil)	150 mg	†
EPA (Eicosapentaenoic Acid from Fish Oil)	125 mg	†
DHA (Docosahexaenoic Acid from Fish Oil)	100 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin (bovine), Glycerin, Purified Water.
Contains: Fish (anchovies). This product is PCB Tested & Guaranteed to be within Proposition 65 limits.

DIRECTIONS:

Take 1 packet with water once a day. For best results, consume with a meal. Do not consume more than 2 packets in a 24 hour period.

For any questions, please contact us at 1-800-409-9732 or at 1stPhorm.com under the contact tab.

[1]Contains 8 billion CFU (colony forming units) at the time of manufacturing.

Spectra® and VitaBerry® are trademarks of VDF FutureCeuticals, Inc. used under license.

Albion™, DimaCal™, Ferrochel™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

CoQ10

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 30

	Amount per Serving	% Daily Value
CoQ10 (Ubiquinone)	100 mg	†

† Daily Value not established.

Other Ingredients: Organic Olive Oil, Gelatin, Purified Water, Glycerin, Sunflower Lecithin, Natural Colors

FRUITS & VEGGIES

Supplement Facts

Serving Size: 1 Vcap
Servings Per Container: 30

	Amount per Serving	% Daily Value
Spirulina Powder (*Spirulina platensis*) (algae)	300 mg	†
Cereal Grass Blend (Organic Certified Blend (Barley Grass, Wheatgrass, Alfalfa and Oat Grass)	150 mg	†
Chlorella (*Chlorella pyrenoidosa*)	75 mg	†
VitaBerry® Organic Barley Grass Powder (*Hordeum vulgare*/fruit), Organic Wheat Grass Powder (*Triticum aestivum*/sheets), Organic Alfalfa Powder (*Medicago sativa L.*)(leaf)	62.5 mg	†
Astragalus Extract (*Astragalus membranaceus*)(Root)	25 mg	†
Bee Propolis (Bee)(Apis) Cerfac Acid (*Pseudolef Eular ECAPE*)	25 mg	†
Organic broccoli Powder (*Brassica oleracea L.*)(flower & stalk)	25 mg	†
Kale (*Brassica oleracea acephalal*) (Leaf) Powder	25 mg	†

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Plant Cellulose, Magnesium Stearate, Silicon Dioxide

PROBIOTIC

Supplement Facts

Serving Size: 1 Vcap
Servings Per Container: 30

	Amount per Serving	% Daily Value
Probiotic Blend (8 billion CFU*) *Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus brevis, Bifidobacterium bifidum, Streptococcus thermophilus, Bifidobacterium lactis, Bifidobacterium longum, Fructooligosaccharides* (FOS)	400 mg	†

† Daily Value not established.

Other Ingredients: Rice Flour, Vegetable Cellulose (capsule), Plant Cellulose, Magnesium Stearate, Silicon Dioxide

MULTIVITAMIN

Supplement Facts

Serving Size: 3 Vcaps
Servings Per Container: 30

	Amount per Serving	% Daily Value
Vitamin A (as Beta Carotene)	1350 mcg RAE	150%
Vitamin C (as Ascorbic Acid)	300 mg	333%
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin E (as α-Alpha Tocopheryl Acetate)	50 mg α-tocopherol	333%
Vitamin K (as Phytonadione)	100 mcg	83%
Vitamin B1 (as Thiamine HCl)	50 mg	4167%
Vitamin B2 (as Riboflavin)	50 mg	3846%
Vitamin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	42 mg	2471%
Folate	40 mcg DFE	10%
Vitamin B12 (as Methylcobalamin)	196 mcg	8250%
Biotin	4 mcg	13%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	55 mg	1100%
Choline (as Choline Bitartrate)	6 mg	1%
Calcium (as Di Calcium Malate) (DimaCal™)	53 mg	4%
Iron (as Ferrous Bisglycinate Chelate) (Ferochel™)	4 mg	22%
Iodine (from Kelp (*Ascophyllum nodosum*))	100 mcg	67%
Magnesium (as Magnesium Oxide, Dimagnesium Malate)	97 mg	23%
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	10 mg	91%
Selenium (as Selenium Glycinate) (Albion™)	200 mcg	364%
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	0.2 mg	22%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1.1 mg	48%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	100 mcg	286%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	80 mcg	178%
Potassium (as Potassium Glycinate Complex) (Albion™)	47 mg	1%
DMAE (Dimethylaminoethanol) (from Dimethylaminoethanol Bitartrate)	15 mg	‡
Bilberry Extract 4:1 (*Vaccinium myrtillus*) (fruit)	10 mg	‡
Lutein 5% (from Marigold Extract)	2 mg	‡
Lycopene Extract 5% (from Tomato (*Lycopersicon esculentum*) (Fruit))	2 mg	‡
Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	25 mcg	†

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Plant Cellulose, Magnesium Stearate, Silicon Dioxide

Manufactured & Designed Exclusively for 1st Phorm
2091 Fenton Logistics Pk Blvd, Fenton, MO 63026, USA
1-800-409-9732 • 1stphorm.com

***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.**

California's Proposition 65 Warning

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

PRODUCED IN THE U.S.A. with domestic & international ingredients.

This product was manufactured in a **cGMP & FDA** inspected facility

GLUTEN FREE