Suggested Use

Take three caplets with a full glass of water, once per day. For best results, take with a meal.

Distributed By

Vivid Health Nutrition
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For special offers and discounts on this and our entire line of high-quality supplements, please visit **VividHealthNutrition.com**

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

VIVIDHEALTH NUTRITION

WHOLE FOOD GREENS

VITAMIN & MINERAL SUPERFOOD FORMULA

A powerful blend of vitamins, minerals, antioxidants, digestive enzymes, & fibers from whole food sources.*

BOOST

ENERGY / IMMUNITY / FOCUS / VITALITY / MOOD*

HIGH POTENCY
Dietary Supplement

60 CAPLETS

WHOLE FOOD GREENS VITAMIN & MINERAL SUPERFOOD FORMULA

Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 20

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Ergocalciferol)	2000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamine (Vitamin B-1) (as Thiamine Mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1,250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	500 mcg	8,333%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate)	120 mg	12%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	60 mg	15%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (as Cupric Gluconate)	0.5 mg	25%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium 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 (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
Boron (as Sodium Borate)	1 mg	**
DNA (Deoxyribonucleic Acid)	1 mg	**
RNA (Ribonucleic Acid)	1 mg	**
Lutein	10 mcg	**

*% Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) not established

	Amount Per Serving	%DV
Citrus Bio Complex (Citrus Bioflavonoids Complex (Citrus spp) (peel), Hesperidin Complex (Citrus spp) (peel), Rutin, Quercetin)	50 mg	**
Digestive Enzyme Blend (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	50 mg	**
Probiotic Blend (B. bifidum, L. bulgaricus, L. acidophilus)	25 mg	**
Green & Whole Food Blend (Spirulina (Spirulina platensis) (plant), Chlorella (Chlorella vulgaris) (plant), Oat Extract (Avena sativa) (aerial), Apple Pectin (fruit), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper Chlorophyllin)	520 mg	**
Herb Blend (Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum spp.) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root))	100 mg	**

	Amount Per Serving	%DV
Vegetable Blend (Parsley Powder, Garlic (Allium sativum) (bulb), Beet Root Powder, Carrot Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower, and Kale.	100 mg	**
Fruit Blend (Papaya Fruit Powder, Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai Extract (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (peel), Pineapple (Ananassa sativa) (fruit), Orange (Citrus sinensis) (fruit), Noni Powder (Morinda citrifolia) (fruit))	100 mg	**
Mushroom Blend (Shiitake (Lentinus edodes) (aerial), Maitake (Grifola frondosa) (aerial), Reishi (Ganoderma lucidum) (aerial))	50 mg	**

Keep out of reach of children. If you are pregnant, nursing, taking prescription medication, or have a medical condition, consult your physician before use.

Other Ingredients: Vegetable Cellulose, Silica, Contains <2% of: Vegetable Magnesium Stearate, Vegetable Stearic Acid. ***Contains milk and wheat ingredients.***