

Super
Nutrition®

Perfect Family

MULTIVITAMIN WITH SUPER GREENS & HERBS

BONE
SUPPORT*

ENERGY
PRODUCTION*

HIGH
POTENCY

IRON FREE

240

TABLETS

DIETARY SUPPLEMENT

Suggested Use: Take 4 tablets daily with food.

Supplement Facts

	Amount Per Serving	% Daily Value
Vitamin A (71% as beta-carotene and 29% retinyl palmitate)	5100 mcg	567%
Vitamin C (as ascorbic acid)	1000 mg	1111%
Vitamin D (as D3, cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	268 mg	1787%
Vitamin K (as K1, phytonadione)	80 mcg	67%
Thiamin (as thiamine HCl)	68 mg	5687%
Riboflavin	60 mg	4615%
Niacin (as nicotinic acid and niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	66 mg	3882%
Folate	1700 mcg DFE (1000 mcg Folic Acid)	425%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3000%
Choline (as choline bitartrate)	150 mg	27%
Calcium (as calcium carbonate and calcium citrate)	500 mg	38%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide and magnesium glycinate)	300 mg	71%
Zinc (as zinc oxide and zinc citrate)	30 mg	273%
Selenium (as sodium selenite)	200 mcg	364%
Copper (as copper glycinate)	2 mg	222%
Manganese (as manganese sulfate and manganese citrate)	10 mg	435%
Chromium (as chromium picolinate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	150 mcg	333%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Calcium Silicate, Vegetable-Based Coating, and Natural Flavor.

CONTAINS: Soy

Not manufactured with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

Serving Size 4 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value
Potassium (as potassium chloride)	99 mg	2%
Botanical Blend	500 mg	†
Atractylodes lancea Root, Rehmannia Root, Organic Ginger Root, Gotu Kola Herb, Organic Licorice Root, Pau d'Arco Bark, Organic Astragalus Root, Codonopsis Root, Organic Dandelion Root, <i>Eleutherococcus senticosus</i> Root, Fo-Ti Root, Organic Marshmallow Root, Organic Nettle Root, Schizandra Root Extract, Suma Root		
Organic Green Blend	500 mg	†
Organic Alfalfa Leaf, Organic Chlorella, Organic Irish Moss, Organic Spirulina		
Betaine (as betaine HCl)	125 mg	†
Ginkgo biloba Leaf Extract	60 mg	†
L-Phenylalanine	45 mg	†
GLA (gamma-linolenic acid from borage seed oil)	40 mg	†
Citrus Bioflavonoids (from lemon fruit)	25 mg	†
Inositol	25 mg	†
DMG (dimethylglycine)	10 mg	†
Glutamic Acid (as glutamic acid HCl)	5 mg	†
Hesperidin (from citrus)	5 mg	†
L-Tyrosine	5 mg	†
Mixed Tocopherols (d-gamma, d-delta, d-alpha, d-beta)	5 mg	†
Rutin	5 mg	†
Boron (from boron citrate)	3 mg	†

† Daily Value not established.

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.

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