

SUPPLEMENTS STUDIO SUPPLEMENTS STUDIO SUPPLEMENTS STUDIO SUPPLE

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Beta-Carotene)	1,500 mcg 167%	Heart Blend	230 mg *
Vitamin C (as Ascorbic Acid)	120 mg 133%	L-Arginine HCl, L-Carnitine, Coenzyme Q10 (CoQ10)	
Vitamin D3 (as Cholecalciferol)	50 mcg 250%	Fruit & Vegetable Blend	200 mg *
(2,000 IU)		Broccoli Flower†, Cabbage Leaf†, Brussels Sprouts Leaf†, Cauliflower Flower†, Parsley Leaf†, Beet Root†, Blueberry Fruit Juice†, Apple Fruit†, Peach Fruit†, Strawberry Fruit†, Açai Fruit (Euterpe oleracea)†, Cranberry Fruit†, Bilberry Fruit†, Pomegranate Fruit†, Pineapple Fruit†, Noni Fruit (Morinda citrifolia)†, Carrot Root†, Asparagus Root†	
Vitamin E (as D-Alpha Tocopheryl Acetate)	20 mg 133%	Flaxseed (Providing Omega-3 & Omega-6)	200 mg *
Thiamin (as Thiamine HCl)	3 mg 250%	Herb Blend	130 mg *
Riboflavin (Vitamin B2)	25 mg 1,923%	Garlic Bulb†, Lemongrass Herb†, Ginger Root†, Milk Thistle Herb†, Cayenne Pepper Fruit†, Goldenseal Root	
Niacin (as Niacinamide)	25 mg 156%	Turmeric Root	100 mg *
Vitamin B6 (as Pyridoxine HCl)	25 mg 1,471%	Citrus Complex	50 mg *
Folate (as L-Methylfolate Calcium)	680 mcg DFE 170%	Citrus Bioflavonoids, Hesperidin, Rutin, Quercetin Dihydrate	
Vitamin B12 (as Methylcobalamin)	14 mcg 583%	Mushroom Blend	50 mg *
Biotin	150 mcg 500%	Shiitake Mushroom (Fruiting Body), Maitake Mushroom (Grifola frondosa; Fruiting Body), Reishi Mushroom (Fruiting Body)	
Pantothenic Acid (as D-Calcium Pantothenate)	30 mg 600%	Enzyme Complex	40 mg *
Choline (as Bitartrate)	10 mg 2%	Papain (from Papaya), Betaine HCl, Bromelain (from Pineapple), Amylase	
Calcium (as Aquamin®)	130 mg 10%	Probiotic Blend (2.5 Bill CFU)	28 mg *
Iron (as Ferrous Fumarate)	10 mg 56%	<i>L. acidophilus</i> , <i>L. brevis</i> , <i>L. bulgaricus</i>	
Iodine (from Kelp)	150 mcg 100%	Inositol	10 mg *
Magnesium (as Citrate)	25 mg 6%	RNA (from Asparagus)	1 mg *
Zinc (as Orotate)	15 mg 136%	Boron (as Amino Acid Chelate)	1 mg *
Selenium (as Selenomethionine)	55 mcg 100%	Vitamin K (as Menaquinone-7)	120 mcg *
Copper (as Gluconate)	0.5 mg 56%	Lutein 5%	10 mcg *
Manganese (as Gluconate)	2 mg 87%		
Chromium (as Picolinate)	100 mcg 286%		
Molybdenum (as Sodium Molybdate)	51 mcg 113%		
Whole Foods Blend	500 mg *		
Spinach Leaf†, Spirulina†, Chlorella (Broken Cell Wall)†, Chlorophyllin (Copper Complex)			

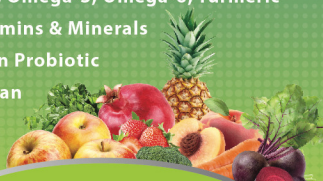
Other Ingredients: Methylcellulose Capsule, Potassium Citrate. No GMOs, gluten, dairy, wheat, soy, gelatin, or shellfish. Aquamin® is a registered trademark of MARIOT LIMITED.

Whole Food Multivitamin P...atural, Non-GMO, 90 Count New



WHOLE FOOD MULTIVITAMIN PLUS WITH IRON

- + CoQ10, Omega-3, Omega-6, Turmeric
- + 25 Vitamins & Minerals
- + 3-Strain Probiotic
- + All Vegan



SUGGESTED USE: Take 3 capsules daily, preferably with food.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or taking prescription medication should consult a physician before taking this or any dietary supplement.

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 control center immediately.

DISTRIBUTED BY:
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DIETARY SUPPLEMENT | 90 CAPSULES