

# 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      |
|-----------------------------------------------------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Vitamin A</b> (as Beta-Carotene)                 | 1,500 mcg 167%            | <b>Fruit &amp; Vegetable Blend</b>                                                                                                                                                                                                                                                                                                                                                        | 210 mg *  |
| <b>Vitamin C</b> (as Ascorbic Acid)                 | 120 mg 133%               | Broccoli Flower†, Cabbage Leaf†, Brussels Sprouts Leaf†, Cauliflower Flower†, Parsley Leaf†, Beet Root†, Blueberry Fruit Juice†, Apple Fruit†, Peach Fruit†, Strawberry Fruit†, Acai Fruit ( <i>Euterpe oleracea</i> )†, Apricot Fruit, Cranberry Fruit†, Bilberry Fruit†, Pomegranate Fruit†, Pineapple Fruit†, Noni Fruit ( <i>Morinda citrifolia</i> )†, Carrot Root†, Asparagus Root† | 200 mg *  |
| <b>Vitamin D3</b> (as Cholecalciferol)              | 50 mcg 250%<br>(2,000 IU) | <b>Herb Blend</b>                                                                                                                                                                                                                                                                                                                                                                         | 130 mg *  |
| <b>Vitamin E</b> (as D-Alpha Acetate)               | 20 mg 133%                | Garlic Bulb†, Lemongrass Herb†, Ginger Root†, Milk Thistle Herb†, Cayenne Pepper Fruit†, Goldenseal Root                                                                                                                                                                                                                                                                                  | 100 mg *  |
| <b>Thiamin</b> (as Thiamine HCl)                    | 3 mg 250%                 | <b>Citrus Complex</b>                                                                                                                                                                                                                                                                                                                                                                     | 50 mg *   |
| <b>Riboflavin</b> (Vitamin B2)                      | 25 mg 1,923%              | Citrus Bioflavonoids, Hesperidin, Rutin, Quercetin Dihydrate                                                                                                                                                                                                                                                                                                                              | 50 mg *   |
| <b>Niacin</b> (as Niacinamide)                      | 25 mg 156%                | <b>Mushroom Blend</b>                                                                                                                                                                                                                                                                                                                                                                     | 50 mg *   |
| <b>Vitamin B6</b> (as Pyridoxine HCl)               | 25 mg 1,471%              | Shiitake Mushroom (Fruiting Body), Maitake Mushroom ( <i>Grifola frondosa</i> ; Fruiting Body), Reishi Mushroom (Fruiting Body)                                                                                                                                                                                                                                                           | 40 mg *   |
| <b>Folate</b> (as L-Methylfolate Calcium)           | 680 mcg DFE 170%          | <b>Enzyme Complex</b>                                                                                                                                                                                                                                                                                                                                                                     | 28 mg *   |
| <b>Vitamin B12</b> (as Methylcobalamin)             | 14 mcg 583%               | Papain (from Papaya), Betaine HCl, Bromelain (from Pineapple), Amylase                                                                                                                                                                                                                                                                                                                    | 10 mg *   |
| <b>Biotin</b>                                       | 150 mcg 500%              | <b>Probiotic Blend (2.5 Bil CFU)</b>                                                                                                                                                                                                                                                                                                                                                      | 1 mg *    |
| <b>Pantothenic Acid</b> (as D-Calcium Pantothenate) | 30 mg 600%                | <i>L. acidophilus</i> , <i>L. brevis</i> , <i>L. bulgaricus</i>                                                                                                                                                                                                                                                                                                                           | 1 mg *    |
| <b>Choline</b> (as Bitartrate)                      | 10 mg 2%                  | Inositol                                                                                                                                                                                                                                                                                                                                                                                  | 1 mg *    |
| <b>Calcium</b> (as Aquamin®)                        | 130 mg 10%                | RNA (from Asparagus)                                                                                                                                                                                                                                                                                                                                                                      | 1 mg *    |
| <b>Iodine</b> (from Kelp)                           | 150 mcg 100%              | <b>Boron</b> (as Amino Acid Chelate)                                                                                                                                                                                                                                                                                                                                                      | 1 mg *    |
| <b>Magnesium</b> (as Citrate)                       | 25 mg 6%                  | <b>Vitamin K</b> (as Menaquinone-7)                                                                                                                                                                                                                                                                                                                                                       | 120 mcg * |
| <b>Zinc</b> (as Orotate)                            | 15 mg 136%                | <b>Lutein</b> 5%                                                                                                                                                                                                                                                                                                                                                                          | 10 mcg *  |
| <b>Selenium</b> (as Selenomethionine)               | 55 mcg 100%               |                                                                                                                                                                                                                                                                                                                                                                                           |           |
| <b>Copper</b> (as Gluconate)                        | 0.5 mg 56%                |                                                                                                                                                                                                                                                                                                                                                                                           |           |
| <b>Manganese</b> (as Gluconate)                     | 2 mg 87%                  |                                                                                                                                                                                                                                                                                                                                                                                           |           |
| <b>Chromium</b> (as Picolinate)                     | 100 mcg 286%              |                                                                                                                                                                                                                                                                                                                                                                                           |           |
| <b>Molybdenum</b> (as Sodium Molybdate)             | 51 mcg 113%               |                                                                                                                                                                                                                                                                                                                                                                                           |           |

**Whole Foods Blend** 500 mg \*

Spinach Leaf†, Spirulina†, Chlorella (Broken Cell Wall)†, Chlorophyllin (Copper Complex)

**Heart Blend** 230 mg \*

L-Arginine HCl, L-Carnitine, Coenzyme Q10 (CoQ10)

Other Ingredients: Methylcellulose Capsule, Potassium Citrate.

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## WHOLE FOOD MULTIVITAMIN PLUS NO 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.

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DIETARY SUPPLEMENT | 90 CAPSULES