

HEALTHY CHOICE
NATURALS™

Ultra Rich Complex

FULL SPECTRUM DAILY MULTIPLE

A Complete Source of
56 Vitamins, Minerals, Herbs
and Essential Nutrients



90 Tablets

Dietary Supplement



Supplement Facts

Serving Size: 3 tablets

Servings per Container: 30

Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha toco. acetate)	400 IU	1333%
Vitamin K (photonadione)	100 mcg	125%
Vitamin B-1 (as thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (as riboflavin)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium panto.)	50 mg	500%
Calcium (carbonate / phosphate / citrate)	500 mg	50%
Phosphorus (di-calcium phosphata)	50 mg	5%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide / citrate)	250 mg	63%
Zinc (as amino acid chelate)	15 mg	100%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as picolinate / polynicotinate)	200 mcg	167%
Molybdenum (as amino acid chelate)	100 mcg	133%
Potassium (as chloride)	50 mg	1%
Chloride (as potassium chloride)	100 mg	3%

Vegetable Complex (from broccoli, celery, parsley, cauliflower, carrots, spinach, yams, collard greens, kale & Brussels sprouts)	250 mg	*
Fruit Complex (from oranges, lemons, tangerines, grapefruits and limes)	250 mg	*
Spirulina	250 mg	*
Citrus Bioflavonoids	75 mg	*
Acidophilus (4 billion / gram)	25 mg	*
Soy Isoflavones (40% complex)	25 mg	*
Mushroom Complex (from Shiitake, Reishi and Maitake)	30 mg	*

para-Aminobenzoic acid	50 mg	*
Hesperidin Complex	25 mg	*
Rutin (buck wheat)	25 mg	*
Quercetin Dihydrate	5 mg	*
RNA / DNA Complex	10 mg	*
Choline Bitartrate	50 mg	*
Inositol (as hexonicotinate)	50 mg	*
Boron (as amino acid chelate)	3 mg	*
Lutein	1 mg	*
CoEnzyme Q10	10 mg	*
Grape Seed Extract	25 mg	*
Pine Bark (90-95% extract)	25 mg	*
Green Tea Extract (decaf)	25 mg	*
Barley Grass	30 mg	*
Panax Ginseng (10% extract)	30 mg	*
Siberian Ginseng (herb powder)	30 mg	*
Flax Seed Powder	30 mg	*
Oat Bran (herb powder)	25 mg	*
Digestive Enzyme Complex (Beltane Hcl, Papain, Bromelain, Cellulase, Trypsin, Lipase, Amylase)	110 mg	*
Trace Mineral Complex (bentonite clay)	1 mg	*
Proprietary Blend	220 mg	*
Ginkgo Biloba (24%), Bilberry (5:1 extract), Gotu Kola (powder), Lecithin, Yellow Dock (powder), Garlic (powder), Licorice Root (powder), and Apple Pectin.		

* Daily Value Not Established

OTHER INGREDIENTS: Magnesium Stearate, Stearic Acid, and Microcrystalline Cellulose.

SUGGESTED USE: As a dietary supplement, take one (1) tablet 3 times daily with meals.

ALLERGEN WARNING: Contains Soy (Isoflavones). This product is manufactured and packaged in a facility which may also process milk, soy, wheat, eggs, peanuts, tree nuts, fish, and crustacean shellfish.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before taking this or any dietary supplement. Keep out of reach of children. Do not use if safety seal is broken or missing. Store in cool, dry place.

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