



**wholehealth®**

PREMIUM SUPPLEMENTS

# SUPER MULTI PLUS

DIETARY SUPPLEMENT

90 TABLETS

www.WholeHealth.com

## Supplement Facts

Serving Size 3 Tablets      Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Mixed Carotenoids)	5000 IU 100%	Chromium (as Chromium Amino Acid Chelate)	50 mcg 42%
Vitamin C (as Calcium Ascorbate)	125 mg 200%	Molybdenum (as Molybdenum Glycinate)	50 mcg 67%
Vitamin D <sub>3</sub> (as Cholecalciferol)	400 IU 100%	Potassium (as Potassium Chloride)	99 mg 3%
Vitamin E (as d-Alpha-Tocopherol Succinate)	50 IU 200%	Kick Protein Concentrate**	60 mg †
Vitamin K <sub>2</sub> (as Menaquinone)	40 mcg 50%	Choline (as Choline Bitartrate)	37 mg †
Thiamin (as Thiamin Mononitrate)	1.5 mg 100%	Green Tea Extract (Std. 40% Polyphenols)	30 mg †
Riboflavin	1.7 mg 100%	Grain Bran Ferment Complex (Std. 15% Flavonols)	20 mg †
Niacin (as Nicotinamide)	20 mg 100%	Barky Grass	10 mg †
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	2 mg 100%	Grape Seed Extract (Std. 95% Polyphenols)	10 mg †
Folate (as Folic Acid)	400 mcg 100%	Alpha-Lipoic Acid	2 mg †
Vitamin B <sub>12</sub> (as Cyanocobalamin)	5 mcg 100%	Betaine (as Betaine HCl)	2 mg †
Biotin	30 mcg 10%	Inositol	2 mg †
Phosphoric Acid (as Calcium Phosphates)	10 mg 100%	PABA (Para-Aminobenzoic Acid)	2 mg †
Calcium (as Dicalcium Phosphate & Calcium Ascorbate)	102 mg 70%	MSM (Methylsulfonylmethane)	2 mg †
Phosphorus (as Dicalcium Phosphate)	532 mg 53%	Lutein	300 mcg †
Iodine (as Potassium Iodide)	153 mcg 100%	Boron (as Boron Citrate)	100 mcg †
Magnesium (as Magnesium Oxide)	250 mg 62%		
Zinc (as OptiZinc Zinc DL-Methionine)	15 mg 100%		
Selenium (as Selenium Methionine)	70 mcg 100%		
Copper (as Copper Amino Acid Chelate)	1 mg 50%		
Manganese (as Manganese Amino Acid Chelate)	2.5 mg 125%		

Other Ingredients: Stearic acid (vegetable source), cellulose gum, magnesium stearate (vegetable source), silicon dioxide and food grade coating.

\*\*Provides the following amino acids: Alanine, Arginine, Aspartate, Cysteine, Glutamate, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine.

† Daily Value (DV) not established.

**SUGGESTED USE:** As a dietary supplement, adults take three tablets once daily with food and water, or as recommended by a health care practitioner.\*

Consult your health care practitioners prior to use and inform your pharmacist of all dietary supplements you are taking.

**DOES NOT CONTAIN:** milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, or wheat.

Made in the U.S.A. using the highest quality ingredients carefully sourced from around the world. Lab-assayed for purity.

**KEEP OUT OF REACH OF CHILDREN.** Store tightly closed in a cool, dry place. Do not use if outer seal is broken or missing.

\*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.

Vegetarian Product 8



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