



multivitamin
180 veggie capsules
dietary supplement

**From the
Earth™**

with whole food
nutrients

immune[▼]

energy
production[▼]

antioxidant[▼]

nut
free

actual size

Supplement Facts

Serving Size 3 Veggie Capsules
Servings Per Container: 60

	Amount Per Serving	% DV
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	500 mg	834%
Vitamin D (as cholecalciferol)	500 IU	125%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%
Thiamine (Vitamin B1)(as thiamine mononitrate)	12.5 mg	834%
Riboflavin (Vitamin B2)	12.5 mg	736%
Niacin (as niacinamide)	12.5 mg	63%
Vitamin B6 (as pyridoxine HCl)	12.5 mg	625%
Folic Acid	200 mcg	50%
Vitamin B12 (as methylcobalamin)	250 mcg	4167%
Biotin (as d-biotin)	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	12.5 mg	125%
Calcium (as calcium carbonate, calcium citrate)	100 mg	10%
Iron (as ferrous fumarate)	9 mg	50%
Iodine (from kelp)	75 mcg	50%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc sulfate, zinc citrate)	7.5 mg	50%
Selenium (as l-selenomethionine)	25 mcg	36%
Copper (as amino acid chelate from Albion)	0.25 mg	13%
Manganese (as amino acid chelate from Albion)	2 mg	100%
Chromium (Chromax® chromium picolinate)	100 mcg	84%
Molybdenum (as amino acid chelate from Albion)	37.5 mcg	50%
Potassium (as potassium citrate)	25 mg	<1%

	Amount Per Serving	% DV
Spirulina (<i>Arthrospira platensis</i>)	250 mg	*
Citrus Bioflavonoid Complex	62.5 mg	*
Chlorella (<i>Chlorella vulgaris</i>)	50 mg	*
Wheat Grass	50 mg	*
Choline (as choline bitartrate)	25 mg	*
Borage Oil Powder	25 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaves)(standardized to 90% polyphenols and 45% EGCG)	25 mg	*
Inositol	12.5 mg	*
PABA (para-aminobenzoic acid)	12.5 mg	*
Quercetin (as quercetin dihydrate)	12.5 mg	*
Papain (<i>Carica papaya</i>)(fruit)	25,000 USP	*
Oat Bran (<i>Avena sativa</i>)(hulls)	12.5 mg	*
Apple Pectin (<i>Malus domestica</i>)(fruit)	12.5 mg	*
<i>Lactobacillus acidophilus</i>	500,000,000 CFU	*
Betaine HCl	10 mg	*
Bromelain (from pineapple)	24 GDU	*
Horsetail Extract (<i>Equisetum arvense</i>)(stem) (std to 7% silica 0.63 mg)	9 mg	*
Rose Hips (<i>Rosa canina</i>)(fruit)	7.5 mg	*
Rutin (<i>Sophora japonica</i>)(flower)	7.5 mg	*
Hesperidin Complex	5 mg	*
Garlic (<i>Allium sativum</i>)(bulb)	5 mg	*
Amylase	350 DU	*
Lipase	37.5 FIP	*
Cellulase	300 CU	*
BioPerine® Black Pepper Extract (<i>Piper nigrum</i>)(fruit) (standardized to 95% piperine alkaloids 2.37 mg)	2.5 mg	*
Boron (as amino acid complex from Albion)	0.5 mg	*

* Daily Value (DV) not established.

Other ingredients: Vegetable cellulose, microcrystalline cellulose, silica, magnesium stearate.

Contains: Milk, Soy and Wheat.

Does not contain: Salt, Fish, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take three (3) veggie capsules twice daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medications or have any medical conditions.

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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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