



From the Earth™

with whole food
nutrients

immune[✓]

energy
production[✓]

antioxidant[✓]

multivitamin
90 tablets
dietary supplement

nut
free

actual size



Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (as natural beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1000 mg	1667%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamine (Vitamin B1)(as thiamine mononitrate)	25 mg	1667%
Riboflavin (Vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%
Calcium (as calcium carbonate, calcium citrate)	200 mg	20%
Iron (as ferrous fumarate)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate, zinc citrate)	15 mg	100%
Selenium (as L-selenomethionine)	50 mcg	71%
Copper (as amino acid chelate from Albion)	0.5 mg	25%
Manganese (as amino acid chelate from Albion)	4 mg	200%
Chromium (Chromax® chromium picolinate)	200 mcg	167%
Molybdenum (as amino acid chelate from Albion)	75 mcg	100%
Potassium (as potassium citrate)	99 mg	3%

	Amount Per Serving	% DV
Spirulina (<i>Arthrospira platensis</i>)	500 mg	*
Citrus Bioflavonoid Complex	125 mg	*
Chlorella (<i>Chlorella vulgaris</i>)	100 mg	*
Wheat Grass	100 mg	*
Barley Grass	100 mg	*
Pomegranate Extract (<i>Punica granatum</i>)(fruit)(std to 40% ellagic acid)	100 mg	*
Choline (as choline bitartrate)	50 mg	*
Borage Oil Powder	50 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaves)(standardized to 90% polyphenols and 45% EGCG)	50 mg	*
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Quercetin (as quercetin dihydrate)	50 mg	*
Papain (<i>Carica papaya</i>)(fruit)	100,000 USP	*
Oat Bran (<i>Avena sativa</i>)(hulls)	50 mg	*
Apple Pectin (<i>Malus domestica</i>)(fruit)	50 mg	*
Betaine HCl	50 mg	*
<i>Lactobacillus acidophilus</i>	1 billion CFU	*
Bromelain (from pineapple)	120 GDU	*
Horsetail Extract (<i>Equisetum arvense</i>)(stem) (std to 7% silica 3.5 mg)	50 mg	*
Rose Hips (<i>Rosa canina</i>)(fruit)	50 mg	*
Rutin (<i>Sophora japonica</i>)(flower)	50 mg	*
Hesperidin Complex	50 mg	*
Garlic (<i>Allium sativum</i>)(bulb)	50 mg	*
Amylase	700 DU	*
Lipase	75 RP	*
Cellulase	600 UJ	*
BioPerine® Black Pepper Extract (<i>Piper nigrum</i>)(fruit) (standardized to 95% piperine alkaloids 4.75 mg)	5 mg	*
L-Glutathione	5 mg	*
Boron (as amino acid complex from Albion)	1 mg	*

* Daily Value (DV) not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, natural vanilla flavor, aqueous coating, croscarmellose sodium, magnesium stearate, silica, modified cellulose.

Contains: Milk, Soy and Wheat.

Does not contain: 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) tablets 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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