

SUPPLEMENT FACTS

Serving size: 8 tablets Servings per container: 15

	AMOUNT PER SERVING	% D.V.**
Vitamin A (from Beta Carotene)	16000 IU	320%
Vitamin B6 (as Pyridoxine hydrochloride)	12 mg	600%
Vitamin B12 (as Cyanocobalamin)	500 mcg	8333%
Vitamin C (as Ascorbic Acid)	250 mg	416%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl)	225 IU	750%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (as Thiamine hydrochloride)	9 mg	600%
Riboflavin	10 mg	588%
Niacin (as Niacinamide)	60 mg	300%
Folic Acid	900 mcg	225%
Pantothenic Acid	70 mg	700%
Calcium (from Calcium citrate)	250 mg	25%
Iron (from Iron fumarate)	9 mg	50%
Iodine (from Kelp)	200 mcg	133%
Magnesium (from Concentrace® and Magnesium oxide)	300 mg	76%
Selenium (as L-seleniomethionine)	300 mcg	428%
Zinc (from Zinc amino acid chelate)	15 mg	100%
Biotin	300 mcg	100%
Manganese (from Manganese amino acid chelate)	4 mg	200%
Copper (from Copper amino acid chelate)	0.2 mg	10%
Molybdenum (from Molybdenum amino acid chelate)	150 mcg	200%
Chromium (from Chromium chelavite)	250 mcg	208%
Potassium (from Potassium citrate)	99 mg	3%
Boron (from Boron citrate)	2 mg	*
Inositol	50 mg	*

Vanadium (from Vanadium amino acid chelate)	100 mcg	*
Bioflavonoids	100 mg	*
PABA (Para amino benzoic acid)	10 mg	*
Choline (from Choline bitartrate)	30 mg	*
Lycopene	2 mg	*
Lutein	2 mg	*
Alpha Lipoic Acid	150 mg	*

3000 mg per dose of Concentrace® Sea Mineral Blend. An organically approved ingredient. A special blend of Ionic Trace Minerals with over 72 trace minerals and elements. 3000 mg = 38 drops (.47 teaspoon) of Concentrace®, which is equal to the mineral content of 1/2 cup sea water, 99% sodium removed.

5350 mg per dose of Vegetable and Sea Vegetable Blend: Alfalfa leaves, barley grass, carrot, wheat grass, beet root, oat grass, celery seed, spinach, cauliflower, kale, collard greens, brussel sprouts, parsley leaves, cucumber, asparagus, cabbage, broccoli, onion, garlic (deodorized). **Sea Vegetable Blend:** Spirulina, ascophyllum nodosum, chlorella, lithothamnion, laminaria digitata, beta carotene, macrocystis pyrifera.

1800 mg per dose of Fruit Blend: All natural fruit blend. Acerola cherry, blueberry, black currant seed, pomegranate, apple, strawberry, pineapple, apricot, raspberry, nectarine, plum, cherry, grape, elderberry, peach, mango, blackberry, orange juice, grapefruit, cranberry, papaya.

800 mg per dose of Mushroom Blend: Ganoderma lucidum, poria cocos, grifola frondosa, tremella cyanthiformis, hericium erinaceus, lenthinus elodes, agaricus blazei, trametes versicolor, sinensis mycelium, polyporus umbellatus.

250 mg per dose of Botanical Blend: Rhododendron caucasicum, yucca schidigera, turmeric, ginger, rosemary, oregano.

* Daily Value not established ** Daily Value

Other Ingredients: Vegetable source stearates and cellulose. No artificial colors, preservatives, yeast, wheat, corn, soy, dairy, or gluten.

Vegetarian.



COMPLETE FOODS MULTI™

Complete Food & Daily Multi



120 TABLETS

Complete Foods Multi™ is a dietary supplement with all natural food factors, vitamins and minerals, activated with Concentrace® Sea Mineral Blend, to provide one of the most complete multi-food/multi-vitamins available for higher energy and better overall health. Complete Foods Multi™ is backed by our strongest guarantee. "Feel the Difference or Your Money Back".

Suggested Use: Take 6-8 tablets daily with meals.

Keep out of reach of children.



**Feel the Difference
or Your Money Back!**

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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.