SUPPLEMENT FACTS

Serving size: 8 tablets Servings per container: 15

AM	MOUNT PER SERVING	% D.V
Vitamin A (from Beta Carotene)	16000 IU	32
Vitamin B6 (as Pyridoxine hydrochloride)	12 mg	60
Vitamin B12 (as Cyanocobalamin)	500 mcg	833
Vitamin C (as Ascorbic Acid)	250 mg	41
Vitamin D (as Cholecalciferol)	400 IU	10
Vitamin E (as d-alpha tocopheryl)	225 IU	75
Vitamin K (as Phytonadione)	80 mcg	10
Thiamin (as Thiamine hydrochloride)	9 mg	60
Riboflavin	10 mg	58
Niacin (as Niacinamide)	60 mg	30
Folic Acid	900 mcg	22
Pantothenic Acid	70 mg	70
Calcium (from Calcium citrate)	250 mg	2
Iron (from Iron fumarate)	9 mg	5
lodine (from Kelp)	200 mcg	13
Magnesium (from ConcenTrace® and Magnesium of	oxide) 300 mg	7
Selenium (as L-seleniomethionine)	300 mcg	42
Zinc (from Zinc amino acid chelate)	15 mg	10
Biotin	300 mcg	10
Manganese (from Manganese amino acid chelate)	4 mg	20
Copper (from Copper amino acid chelate)	0.2 mg	1
Molybdenum (from Molybdenum amino acid chela	ite) 150 mcg	20
Chromium (from Chromium chelavite)	250 mcg	20
Potassium (from Potassium citrate)	99 mg	
Boron (from Boron citrate)	2 mg	
Inositol	50 mg	

-
,
,
,

5350 mg per dose of Vegetable and Sea Vegetable Blend: Alfalfa leaves, bairey grass, carrol, wheat grass, beet not, oat grass, celery seed, spinach, caulillower, leake, colland greens, brosses (sproust, parsier) exerse, curumber, asparagus, cabbage, broccoil, onion, garlic (decdorized). Sea Vegetable Blend: Spirulina, ascophyllum nodosum, chlorelia, lithotharmion, laminaria digita, beta carotene, macrocycstis pylifera.

1800 mg per dose of Fruit Blend: All natural fruit blend. Acerola cherry,

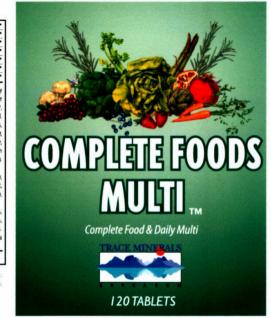
1800 mg per dose of Fruit Blend: All natural fruit blend. Acerola cherry, blueberry, black currant seed, pomegranate, apple, strawberry, pineapple, apricot, raspberry, nectarine, plum, cherry, grape, elderberry, peach, mango, blackberry, orange juice, orapefruit, cranberry, pagava.

800 mg per dose of Mushroom Blend: Fanoderma lucidum, poria cocos, grifola frondosa, tremella cyanthiformis, hericimum erinaceus, lenthinius elodes, agaricus blazel, trametes versicolor, sineas vycellium, polyporus umbellatus. 250 mg per dose of Botanical Blend: Rhododendron caucasicum, yucca schidigera, turmetic, 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.

getarian.



Complete Foods MultiTM 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 TM 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!

Trace Minerals Research P.O. Box 429 • Roy, UT 84067



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