



No. 621a

WHOLE FOOD MULTIVITAMIN

Dietary Supplement

CONTAINS WHOLE FOOD
CONCENTRATES*
SUITABLE FOR VEGETARIANS

MULTI
VITAMINS

E1960

Supplement Facts		
Serving Size 3 Tablets		
Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	2 g	1%**
Dietary Fiber	1 g	5%**
Vitamin A (as Beta Carotene)	2500 IU	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Ergocalciferol)	2500 IU	500%
Vitamin E (as d-alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (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 Cyanocobalamin)	500 mcg	8333%
Biotin	1,000 mcg (1 mg)	333%
Pantothenic acid (as Calcium D-Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate)	120 mg	12%
Iron (as Ferrous Sulfate)	18 mg	100%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	60 mg	15%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (as Cupric Gluconate)	5.5 mg	25%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Sodium Molybdate)	51 mcg	68%
Chloride (as Potassium Chloride)	45 mg	1%
Sodium	10 mg	<1%**

Potassium (as Potassium Chloride)	50 mg	1%
Choline (as Choline Bitartrate)	10 mg	†
Inositol	10 mg	†
Boron (as Sodium Borate)	1 mg	†
DNA (Deoxyribonucleic Acid)	1 mg	†
RNA (Ribonucleic Acid)	1 mg	†
Lutein	10 mcg	†

Information continued on reverse side ➔

* 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.

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Citrus Bio Complex (Citrus Bioflavonoids Complex (Citrus spp.) (fruit), Hesperidin Complex (Citrus spp.) (fruit), Rutin, Quercetin)	50 mg	†
Digestive Enzyme Blend (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	50 mg	†
Probiotic Blend (<i>B. bifidum</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i>)	25 mg	†
Omega Blend (Flaxseed, Sunflower Oil, Borage Powder) (Contains Omega-3 11 mg and Omega-6 4 mg)	100 mg	†
Green and Whole Food Blend (Spirulina (Spirulina platensis) (plant), Chlorella (Chlorella vulgaris) (plant), Ost Extract (Avena sativa) (cereal), Apple Pectin (fruit), Barley Grass (Hordeum vulgare) (cereal), Sodium Copper Chlorophyllin)	520 mg	†
Herb Blend (Echinacea (Echinacea purpurea) (cereal), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenrod (Solidago canadensis) (root))	100 mg	†
Vegetable Blend (Parsley Powder, Garlic (Allium sativum) (bulb), Beet Root Powder, Carrot Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower and Kale)	100 mg	†
Fruit Blend (Papaya Fruit Powder, Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry Extract (Vaccinium myrtillus)	100 mg	†

(fruit), Pomegranate Extract (Punica granatum) (seed and peel) Pineapple (Ananas comosus) (fruit), Orange (Citrus sinensis) (fruit), Noni Powder (Morinda citrifolia) (fruit)		
Mushroom Blend (Shiitake (Lentinus edodes) (cereal), Maitake (Grifola frondosa) (cereal), Reishi (Ganoderma lucidum) (cereal))	50 mg	†

** Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

Other Ingredients: Vegetable cellulose, silica, vegetable magnesium stearate, vegetable stearic acid.

Contains Milk and Wheat.

Directions: As a dietary supplement for adults, take 3 tablets daily preferably with a meal, or as directed by a healthcare professional.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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 unopened container at room temperature. Protect from light.
REFRIGERATE AFTER OPENING

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Stop peeling here

90 Tablets