SUGGESTED USE: Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING OR PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.



DR.MERCOLA®

WHOLE-FOOD COMPLEX

with added

MULTIVITAMIN

plus VITAL MINERALS



Supplement Facts

Serving Size: 8 Tablets Servings Per Container: 30

Providing quality products since 2001.

	Amount Per Serving	%DV		Amount Per Serving	%DV	_	Amount Per Serving	%DV
Calories	20		lodine (from Kelp)	200 mcg	133%	Cauliflower (Florets)	100 mg	**
Total Carbohydrate	3 g	1%*	Magnesium (from Magnesium	500 mg	119%	Garlic Bulb Extract	100 mg	**
Dietary Fiber	3 g	11%*	Amino Acid Chelate and			Inositol	100 mg	**
Total Sugars	0 g	**	Magnesium Ascorbate)	45	1000/	Lemon Bioflavonoid Complex	100 mg	**
Vitamin A (as Beta Carotene)	1,500 mcg	167%	Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Papain	100 mg	**
Vitamin C (from Ascorbyl Palmitate,	500 mg	556%	Selenium (from Selenium Amino Acid Complex)	200 mcg	364%	Rose Hips	100 mg	**
Calcium Ascorbate, Niacinamide			Copper (from Copper Amino	0.05 ma	6%	Silica	100 mg	**
Ascorbate, Magnesium Ascorbate)	100	00001	Acid Chelate)	0.00 mg	070	Spirulina (Arthrospira platensis)	100 mg	**
Vitamin D ₃ (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Manganese (from Manganese	2 mg	87%	Bromelain	50 mg	**
Vitamin E [as d-Alpha Tocopheryl	134 mg	893%	Amino Acid Chelate)			PABA (Para-Aminobenzoic Acid)	50 mg	**
Succinate (from Sunflower Oil)]			Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Grape Seed Extract (95% Proanthocyanidins)	49 mg	**
Thiamin (Vitamin B ₁) (as Thiamin HCI)	3 mg	250%	Molybdenum (from Molybdenum	100 mca	222%	Hesperidin (from Citrus Fruits)	35 mg	**
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Amino Acid Chelate)	roo mog	Marke 70	Rutin	25 mg	**
Niacin (Vitamin B3)	40 mg	250%	Potassium (from Potassium	100 mg	2%	L-Glutamic Acid	20 mg	**
(as Niacinamide Ascorbate)			Amino Acid Complex)			Grape Skin Extract (40% Polyphenols)	8 mg	**
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	4 mg	235%	Dr. Mercola's Organic Fruit and	1,134 mg	**	Lutein Ifrom Marigold	6 mg	**
Folate (5-Methyltetrahydrofolic Acid, Calcium Salt)	1,333 mcg DFE	333%	Vegetable Blend [Beet (Root)^ Kale (Leaf)^, Broccoli (Florets)^,			(Tagetes erecta) Flower]		
Vitamin B ₁₂ (as Methylcobalamin)	800 mcg Folic Acid) 100 mcg	4167%	Carrot (Root)^, Parsley (Leaf)^,			Lycopene [from Tomato (Fruit)]	6 mg	**
Biotin		3000%	Green Cabbage (Leaf)^, Spinach			Boron (from Bororganic Glycine)	1.5 mg	**
Pantothenic Acid	900 mcg	600%	(Leaf)^,Apple (Fruit)^, Blueberry			Zeaxanthin [from Marigold	1 mg	**
(Calcium D-Pantothenate)	30 mg	000%	(Fruit)^,Raspberry (Fruit)^,			(Tagetes erecta) Flower]		
Choline (from Choline Bitartrate)	140 mg	25%	Strawberry (Fruit)^, Tomato (Fruit)^] L-Cysteine and N-Acetyl L-Cysteine	150 mg	**	Pine Bark Extract (95% Proanthocyanidins)	1 mg	**
Calcium (from Calcium Citrate	250 mg	19%			**			
Malate and Calcium Ascorbate)	200 mg	1070	Betaine (from Betaine HCI)	114 mg	**	*Percent Daily Values are based of	on a 2,000 calc	orie diet
			Chlorella (Chlorella vulgaris)	100 mg		**Daily Value (DV) not established		

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin), Gum Acacia^. ^Organic Ingredients
DISTRIBUTED BY: NHP. 125 SW 3rd Place Cace Coral. FL 33991 USA (877) 985-2696