

NEW!
IMPROVED
FORMULA!



Trace Minerals
RESEARCH

Complete Foods Multi

Complete food & daily multi packed with over 80 living foods, minerals, vitamins, & ConcenTrace®.



Certified Vegetarian • Gluten Free
120 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 Tablets
Servings per container 30

Amount Per Serving		%DV
Vitamin A (as Beta Carotene)	8200 IU	164%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Vitamin E (as D-Alpha Tocopherol Succinate)	120 IU	400%
Vitamin K (as Phytonadione)	40 mcg	50%
Thiamin (as Thiamine HCl)	4.5 mg	300%
Niacin	4.5 mg	264%
Niacin (as Nicotinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%
Folic Acid	500 mcg	125%
Vitamin B12 (as Cyanocobalamin)	250 mcg	4167%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium Pantothenate)	35 mg	350%
Calcium (as Calcium Citrate)	140 mg	14%
Iron (as Ferrous Fumarate)	4.5 mg	25%
Iodine (from Kelp)	100 mcg	67%
Niobium (from ConcenTrace®, Mag. Oxide)	220 mg	55%
Orcin Amino Acid Chelate	7.5 mg	50%
Selenium (as L-Selenomethionine)	165 mcg	236%
Copper (as Amino Acid Chelate)	0.35 mg	18%
Manganese (as Amino Acid Chelate)	2 mg	100%
Chromium (as Chromium)	130 mcg	108%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%
Sodium (from Na sources)	35 mg	1%
Potassium (as Potassium Citrate)	145 mg	4%
Alpha Lipoic Acid	75 mg	†

Amount Per Serving		%DV
Betaonol Complex	50 mg	†
Resol	30 mg	†
Onine (Choline Bitartrate)	20 mg	†
ABA (Para Amino Benzoic Acid)	5 mg	†
Iron (as Iron Citrate)	2 mg	†
Aspartame	1 mg	†
Leitin	1 mg	†
Vanadium (as Amino Acid Chelate)	50 mcg	†
ConcenTrace® Sea Mineral Blend	1.5 g	†
Is typically approved ingredient. A special blend of over 72 ionic trace minerals.		
Vegetables, Greens, and Sea Vegetables Blend	870 mg	†
Multi-ingredient Greens Blend (Kernal Grass Juice powders [Alfalfa, Wheat, Barley & Oat], Cabbage, Broccoli, Kale, Parsley, Spinach, Cracked Cell Chlorophyll, Kelp, Dulse, Jerusalem Greens, Broccoli Sprouts, Spinach Algae, Kelp, Vegetable Blend (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Green Bell Pepper, Asparagus, Brussels Sprouts, Onion, Garlic, Ginger), Chlorella Algae, Indian Algaete, Bladderwrack Thallus, Kelp, Kombu, Alaria, Dulse, Betanene.		
Fruit and Berry Blend	240 mg	†
Berry Blend (Grape, Cranberry, Bilberry, Blueberry, Elderberry, Raspberry, and Strawberry), Fruit Blend (Apple, Grape, Grapefruit, Orange, Pineapple, Lemon, Lime, Cherry, Watermelon, Peach, Mango, Strawberry, Papaya, Tangerine, Apricot), Cranberry leaf extract, European Elder fruit extract.		
Botanical Blend	125 mg	†
Turmeric root, Ginger root, Oregano leaf, Rhododendron Caucasicum, Rosemary Leaf.		
Medicinal Blend	36 mg	†
Ginkgo extract, Maltate extract, Poria Sclerotium extract, Reishi extract, Shitake extract, Tremella extract, Turkey Tail extract, Agaricus Blazei, Grifola, Lion's Mane.		
†Daily Value (DV) not established.		
Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide.		
Allergen Info: Contains no known allergens. GLUTEN FREE.		



LOT/EXP. DATE

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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. **CERTIFIED VEGETARIAN.**

ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.

Suggested Use: Take 2-4 tablets daily with food.

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.



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

Feel the Difference or Your Money Back!

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Complete Foods 120



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