



Complete Foods Multi

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



Certified Vegetarian • Gluten Free

240 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 tablets
Serving per container 60

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 B1 (as Thiamine HCl)	40 mcg	50%
Vitamin B2 (as Riboflavin)	4.5 mg	300%
Vitamin B3 (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%
Sodium (from Kelp)	100 mcg	67%
Arginine (from ConcenTrace®, Mag. Oxide)	220 mg	55%
Zinc (as 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 All sources)	35 mg	1%
Potassium (as Potassium Citrate)	145 mg	4%
Alpha Lipoic Acid	75 mg	†



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Amount Per Serving		%DV
Beta-carotene Complex	50 mg	†
Inositol	30 mg	†
Choline (as Choline Bitartrate)	20 mg	†
PLA (Phospholipid Complex)	5 mg	†
Novel (as Novel Citrate)	2 mg	†
Arginine	1 mg	†
Leucine	1 mg	†
Vanadium (as Amino Acid Chelate)	50 mcg	†
ConcenTrace® Sea Mineral Blend	1.5 g	†
An organically approved ingredient. A special blend of over 72 ionic trace minerals.		
Vegetables, Greens, and Sea Vegetables Blend	870 mg	†
Kelp Juice Extract, Greens Blend (Cereal Grass, Juice powders [Aitalla, Wheat, Barley & Oat], Cabbage, Broccoli, Kale, Parsley, Spinach, Cracked Cell Chlorella, Kelp, Dulse, Spirulina Greens, Broccoli Sprouts), Spirulina Algae, Kelp, Vegetable Blend (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Green Bell Pepper, Asparagus, Broccoli Sprouts, Onion, Garlic, Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack Thallus, Kelp, Kombu, Alaria, Dulse, Bitter Melon.		
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 Juice Extract, European Elder Fruit Extract.		
Herbal Blend	125 mg	†
Lemon, rose, Sage, rose, Oregano leaf, Rhododendron Caucasum, Rosemary Leaf.		
Multivitamin Blend	36 mg	†
Concentrated, Maltolactate, 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.**

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.

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.



Feel the
Difference or
Your Money
Back!

*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.



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Complete Foods 240

