Vegan. Contains NO: gluten · wheat · milk · lactose · tree nuts · peanuts · eggs · fish · shellfish.

Supplement Continued from other panel Amount Per Serving PARA (nara-Aminobenzoic Acid) 5 ma Food Enzyme Complex 37 mg Protease (1,188 HUT*), Amylase (93 DU*). Lipase (1 FIP*), Cellulase (1 CU* Bromelain 12.000 PU Apple Pectin 20 mg Superfood Energy Complex 155 ma (equivalent to 605 mg of food and herbal powder) Organic Spirulina, Chlorella, Eleuthero [root] 4:1 Extract, Stinging Nettle [tops] 4:1 Extract, Ginkgo [leaf] 50:1 Extract *Daily Value (DV) not established

SUGGESTED USAGE: Take 1 tablet daily, with or

between meals. May be taken on an empty stomach.

Consult your health care professional prior to use if you are pregnant. nursing, taking medication or have a medical condition.



* 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.

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.

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Same

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Just Once®

Food-Based Multivitamin

Promotes heart, immune, brain & skin health* Superfood energy & stress support* Easy to digest with plant-source enzymes*

> Vegan | Gluten-Free 30 Tablets | Dietary Supplement

#1 Trusted Natural Vitamin Brand[†]

100% Recycled, 100% Recyclable, **BPA-Free Bottle.**

Servings per container: 30 Amount Per Serving %DV Vitamin A 5.000 IU 10 (as Beta-carotene) Vitamin C (as Ascorbic Acid. Magnesium Ascorbate) 240 mg 400 Vitamin D (as D2 Ergocalciferol) 400 IU 10 Vitamin E (as d-alpha 30 IU 10 Tocopheryl) Vitamin K (as Phytonadione) 30 mca 3 Vitamin B-1 (as Thiamin Mononitrate) 6 mg 40 Riboflavin (Vitamin B-2) 6 mg 35 Niacin (as Niacinamide) 30 mg 15 Vitamin B6 (as Pyridoxine) 6 mg 30 Folic Acid 400 mcg 10 Vitamin R-12 25 mca 41 (as Cyanocobalamin) 300 mcg 10 Vitamin B-5 (as 30 mg 300 Calcium Pantothenate) Calcium (as Amino Acid Chelate) 30 ma

Serving Size: 1 Tablet

Iron (as Glycinate)

Iodine (from Kelp)

Supplement

Magnesium (as Glycinate, Ascorbate)	30 mg	8%
Zinc (as Citrate, Monomethionine)	5 mg	33%
Selenium (as Selenomethionine)	25 mcg	36%
Copper (as Glycinate)5	00 mcg	25%
Manganese (as Glycinate)	2 mg	100%
Chromium (as Amino Nicotinate)	50 mcg	42%
Molybdenum (as Aspartate)	10 mcg	13%
Potassium (as Citrate)	20 mg	<1%
Boron (as Glycinate)	50 mcg	*
Vanadium (as Vanadyl Sulfate)	8 mcg	E#
Lemon Bioflavonoid Complex	60 mg	
Kelp Powder (Atlantic)	20 mg	*
Choline (as Bitartrate)	15 mg	*
Inositol	15 mg	
Rutin	15 mg	
Hesperidin	10 mg	*

Amount Per Serving

Other Ingredients (natural mineral and or vegetable source): cellulose, stearic acid, modified cellulose, silica, Coating; vegetable food glaze (dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate).

2 ma

100 mca