

**NEW!
IMPROVED
FORMULA!**



Complete Foods Multi

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



Certified Vegetarian
120 tablets • DIETARY SUPPLEMENT

Supplement Facts

Sewing Size 14/16
 Sewing Machine Foot 14

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Amount Per Serving	%DV
Calories	26
Total Fat	1 g 2%
Total Carbohydrate	3 g 6%
Dietary Fiber	1 g 4%
Vitamin A (as Beta Carotene)	8,200 IU 164%
Vitamin C (as Ascorbic Acid)	200 mg 310%
Vitamin D3 (as Cholecalciferol)	200 IU 50%
Vitamin E (as d-Alpha Tocopherol Succinate)	110 IU 400%
Vitamin K (as Phylloquinone)	40 mcg 50%
Thiamin (as Thiamin HCl)	4.5 mg 300%
Riboflavin	4.5 mg 244%
Niacin (as Nicotinamide)	30 mg 150%
Vitamin B6 (as Pyridoxine HCl)	6 mg 300%
Folic Acid	500 mcg 125%
Vitamin B12 (as Methylcobalamin)	250 mcg 416%
Biotin	100 mcg 50%
Pantothenic Acid (as Calcium Panthothenate)	35 mg 350%
Calcium (as Calcium Citrate)	140 mg 14%
Iron (as Ferrous Fumarate)	4.5 mg 25%
Magnesium (from Concentrate [®] Mfg. Grade)	120 mg 55%
Zinc (as Zinc Amino Acid Chelate)	7.5 mg 50%
Selenium (as Sel. L-Selenomethionine)	165 mcg 286%
Copper (as Copper Amino Acid Chelate)	0.55 mg 56%
Manganese (as Mang. Amino Acid Chelate)	2 mg 100%
Chromium (as Chromium Amino Acid Chelate)	100 mcg 100%
Molybdenum (as Moly. Amino Acid Chelate)	75 mcg 100%
Sodium	85 mg 1%
Potassium (as Potassium Citrate)	145 mg 4%
Alpha Lipic Acid	75 mg †
Anti-oxidant Complex	50 mg †

Amount Per Serving

Inositol	30 mg	†
Choline (as Choline Bitartrate)	20 mg	†
PABA (Para Amino Benzoic Acid)	5 mg	†
Boron (as Boron Citrate)	2 mg	†
Lysine ^a	1 mg	†
Lutens	1 mg	†
Sodium (as Vanadium Amino Acid Chelate) ^b	50 mcg	†
Concense ^c Sea Mineral Blend	1.5 g	†

As specifically approved ingredient, it concentrated complex of over 73 naturally occurring rare trace minerals from the Great Salt Lake.

Vegetables, Grains, and Sea Vegetables Blend
 Alfalfa Leaf Extract, **Greens Blend** (Spinach Juice Powder) (Mildly Infused, Baby's B Out), Cabbage, Broccoli, Kale, Parsley, Spinach, Cooked Cell Olives, Tofu, Tuba,andelion Greens, Broccoli Sprouts, Spirulina
 Apple, **Veggie Blend** Carrot, Broccoli, Tomato, Cauliflower, Kale, Spinach, Cherry, Celery, Cauliflower, Asparagus, Broccoli Sprouts, Onion, Garlic, Ginger, Okra, Almond, Sodium Magnesium, Blackberry, Thistle, Rely Berries, Raisin, Tuba, Potatoes.
Fruit and Berry Blend
 240 mg †
Berry Blend (Raspberries, Strawberry, Blueberry, Elderberry, Raspberry, And Strawberry), **Fruit Blend** Apple, Grape, Guavafruit, Orange, Pineapple, Lemon, Lime, Cherry, Watermelon, Pear, Mango, Strawberry, Pigeon, Tangerine, Apricot, Cranberry Fruit Extract.
Excessive Dose Alert: 20-27

^a Percent Daily Values (DV) are based on a 2,000-calorie diet.

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Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide

Abstract: The purpose of this study was to determine if there were differences in the prevalence of children with autism spectrum disorder (ASD) between two different communities. A total of 600 children from two communities were screened for ASD using the Autism Spectrum Screening Questionnaire (ASSQ). The results showed that the prevalence of ASD was significantly higher in the community with a higher socioeconomic status (SES) compared to the community with a lower SES.

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

Concentrac[®] is a trade name for concentrated sodium chloride from the Great Salt Lake.

[illegible]

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.



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

Trans-Mineral Exchange













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