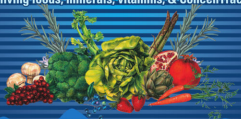


NEW!
IMPROVED
FORMULA!



Complete Foods Multi

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



Certified Vegetarian
240 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 tablets
Servings per container 60

Amount Per Serving	%DV
Calories	20
Total Fat	1 g 2%*
Total Carbohydrate	3 g 1%*
Dietary Fiber	1 g 4%*
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 Thiamin HCl)	4.5 mg 300%
Riboflavin	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 Methylcobalamin)	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%
Magnesium (From ConcenTrace®, Mag. Oxide)	220 mg 55%
Zinc (as Zinc Amino Acid Chelate)	7.5 mg 50%
Selenium (as Sel. L-Selenomethionine)	165 mcg 236%
Copper (as Copper Amino Acid Chelate)	0.35 mg 18%
Manganese (as Mang. Amino Acid Chelate)	2 mg 100%
Chromium (as Chromium Amino Acid Chelate)	130 mcg 108%
Molybdenum (as Moly. Amino Acid Chelate)	75 mcg 100%
Sodium	35 mg 1%
Potassium (as Potassium Citrate)	145 mg 4%
Alpha Lipoic Acid	75 mg †
Bioflavonoid Complex	50 mg †

Amount Per Serving	%DV
Inositol	30 mg †
Choline (as Choline Bitartrate)	20 mg †
PABA (Para Amino Benzoic Acid)	5 mg †
Boron (as Boron Citrate)	2 mg †
Lycopene	1 mg †
Lutein	1 mg †
Vanadium (as Vanadium Amino Acid Chelate)	50 mcg †
ConcenTrace® Sea Mineral Blend	1.5 g †
An organically approved ingredient, it concentrated complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.	
Vegetables, Greens, and Sea Vegetables Blend	870 mg †
Allioli Juice Extract, Greens Blend (Cereal Grass Juice Powders (Alfalfa, Wheat, Barley & Oat), Cabbage, Broccoli, Kale, Parsley, Spinach, Grated Cell Celery, Celery, Dulse, Dandelion Greens, Broccoli Sprouts), Spinach, Algae, Vegetable Blend (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Asparagus, Brussels Sprouts, Deion, Garlic, Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack, Thallus, Kelp, Kombu, Nori, Dulse, Betadine.	
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, Pear, Mango, Strawberry, Papaya, Tangerine, Apricot), Cranberry Fruit Extract, European Elder Fruit Extract.	
Botanical Blend	125 mg †
Turmeric Root, Ginger Root, Oregano Leaf, Rosemary Leaf.	
Mushroom Blend	36 mg †
Cordyceps Extract, Maitake Extract, Poria Sclerotium Extract, Reishi Extract, Turkey Tail Extract, Ganoderma.	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value (DV) not established.	

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

Allergen Info: Contains trace amounts of gluten.

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

e-M11Y14



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 to help maintain energy and better overall health.* **CERTIFIED VEGETARIAN.**

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



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.

Trace Minerals Research

P.O. Box 429 • Roy, Utah 84067

(801) 731-6051

www.traceminerals.com



Complete Foods 240



LOT#BEST BY DATE