

take the perfect blend



Take **Complete Foods Multi™** like a high powered smoothie but in a convenient tableted form. **Complete Foods Multi™** is packed with over 170 living foods, organic sea minerals from ConcenTrace®, vitamins and minerals. Trace Minerals Research's® special process combines these nutrients with a special sea mineral blend that activates the foods and nutrients so they assimilate and digest properly.* This proprietary ingredient and process provides one of the highest quality all natural multi-food, multi-vitamin & multi-mineral formulas available.

A recent study published in JAMA (Journal of American Medical Association) suggested that adults should take a multivitamin daily. **Complete Foods Multi™** provides that plus the benefits of natural nutrients found in foods that are greatly missing in the typical American diet.*

Complete Foods Multi™ is packed with the following nutrients:

1500 mg* per dose of ConcenTrace® Sea Mineral Blend. An organically approved ingredient. A special blend of ionic trace minerals with over 72 trace minerals and elements.

925 mg* per dose of Vegetables, Greens, and Sea Vegetables Blend: (Equal to 2675 mg*) Alfalfa Juice extract, **Greens Blend** (Cereal Grass Juice powders (Alfalfa, Wheat, Barley And Oat), Cabbage, Broccoli, Kale, Parsley, Spirulina, Cracked Cell Chlorella, Kelp, Dulse, Dandelion Greens, Broccoli Sprouts), Spirulina Algae, Kelp, **Vegetable Blend** (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Green Bell Pepper, Asparagus, Brussel Sprouts, Onion, Garlic And Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack Thallus, Kelp, Kombu, Alaria, Dulse, Laver, Nori, Wakame Algae, Betatene.

240 mg* per dose of Fruit and Berry Blend: (Equal to 900 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, and Apricot), Cranberry fruit extract, European Elder Fruit extract.

125 mg* per dose of Botanical Blend: Turmeric root, Ginger root, Oregano leaf, Rhododendron Caucasicum, Rosemary Leaf.

36 mg* per dose of Mushroom Blend: (Equal to 400 mg*) Cordyceps extract, Maitake extract, Poria Sclerotium extract, Reishi extract, Shiitake extract, Tremella extract, Turkey Tails extract, Agaricus Blazei, Grifola, Lion's Mane.

Plus the benefits of a complete multi of vitamins and minerals including over 8,000 I.U of beta carotene and vitamins b, c, d, e and k as well as magnesium, calcium, selenium, potassium, zinc and boron. Plus lutein, Lycopene®, alpha lipoic acid and much more.



DIETARY SUPPLEMENT

Trace Minerals Research® offers you the most complete, most absorbable food-based supplement on the market. Compare and see how **Complete Foods Multi™** offers you the highest quality and value a product can offer.

Who says you can't have it all in one supplement? Avoid the hassle and cost of juicing for yourself. Reach for **Complete Foods Multi™** and feel the difference.

For over 35 years, Trace Minerals Research® has been providing high quality nutritional supplements to the natural products industry.

Quality • Science • Research • Value



Feel the Difference
or Your Money Back!

TRACE MINERALS



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Made in the U.S.A.

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*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.