

Typical analysis per serving:		Typical amino acid breakdown per serving:	
Vitamin D3	0.5 IU	Alanine	70 mg
B1 Thiamin	1.5 mg	Arginine	50 mg
B2 Riboflavin	1.5 mg	Aspartic Acid	110 mg
B6	10 mg	Glutamic Acid	180 mg
B12	2 mg	Glycine	40 mg
Folate	400 mcg	Histidine	35 mg
B12	4 mcg	Isoleucine	40 mg
Biotin	175 mcg	Leucine	72 mg
Pantothenic Acid	5 mg	Tryptophan	10 mg
Iron	0.75 mg	Lysine	80 mg
Phosphorus	11 mg	Methionine	15 mg
Iodine	50 mcg	Phenylalanine	40 mg
Magnesium	3 mg	Proline	40 mg
Zinc	7 mg	Serine	35 mg
Selenium	10 mcg	Threonine	35 mg
Copper	130 mcg	Tyrosine	35 mg
Manganese	1.5 mg	Valine	50 mg
Chromium	90 mcg	Cystine	10 mg
Molybdenum	11 mcg		
Potassium	2 mg		

Our product is truly a foodstuff, and will provide approximately 1 full gram of protein-based protein per serving.

Each serving provides over 1.2 grams of probiotic based whole cell protein matrix. A special fermentation process of *Saccharomyces cerevisiae* allows essential vitamins and minerals to interact with cell components while gentle processing conditions preserve their levels along with vital micronutrients and bio-active peptides. Just as organic vegetables will contain higher amounts of nutrients, but will vary based on the living cells that make up the plant, the nutrient amounts in the inactivated cells of our **Perfect by Nature™ Complete Food Multi** will have naturally occurring variations. Our **Perfect by Nature™** products are designed to maximize your health and performance using the power of sustainable foods. Suitable for the whole Family!

Soy Free • Vegan

COMPLETE FOOD MULTI



Nature-based potency vitamins & minerals

Probiotic-Based Whole Cell Protein Matrix

Dietary Supplement

120 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 2 Vegetarian Capsules Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	4,000 IU	80%
Vitamin C (from acerola)(Fruit)	10 mg	17%
Calcium (as earth based carbonate, whole cell protein matrix)	40 mg	4%
Innate Response Blend		
Indian Frankincense(Rosea Serotiflora), Rosemary Extract(Leaf), Ginger Extract and Allicin		
	11 mg	*
Green Leaf Blend		
Amla (Lemon leaf), Parsley (Leaf)		
	10 mg	*
Cellular and Skin Protection Blend		
Organic Blueberries (Fruit), cranberry extract (Fruit), watercress (leaf)		
	9 mg	*

1 Standardized blend typically contains at least 40% uronic acid and 5% gingerols for those botanicals. * % Daily Value not established

Other Ingredients: Vegetarian capsule (cellulose), plant cellulose, magnesium stearate (vegetable source), silica.

SUGGESTED USE: Take two capsules daily, with or without food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, soy, eggs, peanuts, tree nuts, crustacean shellfish or fish. Suitable for vegans.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
TO REPORT A SERIOUS ADVERSE EVENT, CALL 1-888-718-8086

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 center immediately.

KEEP OUT OF REACH OF CHILDREN.

ML 574-120A

