

NEW!
IMPROVED
FORMULA!



Complete Foods Multi

A complete food & daily multi packed with over 80 living foods, minerals, vitamins, & Ionic Trace Minerals.



Certified Vegetarian

120 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 tablets
Servings per container 30

Amount Per Serving	%DV
Calories	20
Total Fat	1g 2%
Total Carbohydrate	3g 1%
Dietary Fiber	1g 4%
Vitamin A (as Beta Carotene)	8200IU 164%
Vitamin C (as Ascorbic Acid)	200mg 333%
Vitamin D3 (as Cholecalciferol)	2000IU 50%
Vitamin E (as d-Alpha Tocopherol Succinate)	1200IU 400%
Vitamin K (as Phylloquinone)	40mcg 50%
Thiamin (as Thiamin HCl)	4.5mg 300%
Riboflavin	4.5mg 264%
Niacin (as Nicotinamide)	30mg 150%
Vitamin B6 (as Pyridoxine HCl)	6mg 300%
Folic Acid	500mcg 125%
Vitamin B12 (as Methylcobalamin)	200mcg 333%
Biotin	150mcg 50%
Pantothenic Acid (as Calcium Pantothenate)	35mg 350%
Calcium (as Calcium Citrate)	140mg 14%
Iron (as Ferrous Fumarate)	4.5mg 25%
Magnesium (from TTM, Mag. Oxide)	220mg 55%
Zinc (as Zinc Amino Acid Chelate)	7mg 47%
Selenium (as Sel. L-Selenomethionine)	165mcg 236%
Copper (as Copper Amino Acid Chelate)	0.35mg 18%
Manganese (as Mang. Amino Acid Chelate)	2mg 100%
Chromium (as Chromium Amino Acid Chelate)	130mcg 108%
Molybdenum (as Moly. Amino Acid Chelate)	75mcg 100%
Sodium	35mg 1%
Potassium (as Potassium Citrate)	145mg 4%
Alpha Lipic Acid	75mg †
Bioflavonoid Complex	50mg †

Amount Per Serving	%DV
Inositol	30mg †
Choline (as Choline Bitartrate)	20mg †
PABA (Para Amino Benzoic Acid)	5mg †
Boron (as Boron Citrate)	2mg †
Lysine	1mg †
Lutein	1mg †
Vanadium (as Vanadium Amino Acid Chelate)	50mcg †
Ionic Trace Minerals (ITM) Complex	1.5g †

† A concentrated complex of over 72 naturally occurring ionic trace minerals.

Vegetables, Greens, and Sea Vegetables Blend 870mg †
Mildra Juice Extract, **Greens Blend** (Coral Grass Juice Powder) (Mildra), Wheat, Barley & Oat, Cabbage, Broccoli, Kale, Parsley, Spinach, Cashed Gel Chlorophyll, Kelp, Dulse, Bandwagon Greens, Broccoli Sprouts, Spirulina, **Algae, Vegetable Blend** (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Asparagus, Brussel Sprouts, Onion, Garlic, Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack, Thallus, Kelp, Kombu, Aralia, Dulse, Botanical.

Fruit and Berry Blend 240mg †
Berry Blend (Grape, Cranberry, Ailberry, 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 125mg †
Turmeric Root, Ginger Root, Oregano Leaf, Rosemary Leaf.

Mushroom Blend 30mg †
Cardiaca Extract, Maitake Extract, Reishi Extract, Turkey Tail Extract, Cordia.

* 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.

Complete Foods Multi™ is a dietary supplement with all natural food factors, vitamins and minerals, activated with Ionic Trace Mineral Complex, to provide one of the most complete multi-food/multi-vitamins available for higher energy and better overall health.* **CERTIFIED VEGETARIAN.**

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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.

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LOT#BEST BY DATE

Complete Foods 120



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