

Sundown Naturals®

WHOLE FOOD CONCENTRATE

Multi

Super Greens Multivitamin and Multimineral Formula

Specialty Formula with Green Foods, Antioxidants and Digestive Enzymes

VEGETARIAN FORMULA

90 COATED TABLETS DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%
Vitamin D (as Ergocalciferol)	800 IU 200%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU 333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4,167%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 300%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and d-Calcium Pantothenate)	268 mg 27%
Iron (as Ferrous Sulfate)	15 mg 83%

Amount Per Serving	%Daily Value
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 31%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	25 mcg 36%
Copper (as Cupric Gluconate)	0.5 mg 25%
Manganese (as Manganese Gluconate)	4 mg 200%
Chromium (as Chromium Picolinate)	100 mcg 83%
Molybdenum (as Sodium Molybdate)	51 mcg 68%
Chloride (as Potassium Chloride)	45 mg 1%
Potassium (as Potassium Chloride)	50 mg 1%
Choline (as Choline Bitartrate)	50 mg **
Inositol	25 mg **
PABA (Para-Aminobenzoic Acid)	25 mg **
Boron (as Sodium Borate)	1 mg **
Citrus Bioflavonoids (Citrus spp.) (fruit)	60 mg **
Hesperidin Complex (Citrus spp.) (fruit)	20 mg **
Rutin	20 mg **
Quercetin	20 mg **
DNA (Deoxyribonucleic Acid)	1 mg **
RNA (Ribonucleic Acid)	35 mg **
L-Glutathione	5 mg **
Lutein	10 mcg **

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk and wheat ingredients.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Amount Per Serving	%Daily Value
Green Source Digestive Enzyme Blend 50 mg ** (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	
Green Source Probiotic Blend 25 mg ** (B. bifidum, L. bulgaricus, L. acidophilus)	
Green Source Omega Blend 300 mg ** (Flaxseed, Sunflower Oil, Borage Powder) (Contains Omega-3 35 mg and Omega-6 12 mg)	
Green Source Green 1,200 mg ** and Whole Food Blend (Dat Extract (Avena sativa) (seed), Wheat Grass (Triticum sativum) (aerial), Spirulina (Spirulina platensis) (plant), Apple Pectin (fruit), Chlorella (Chlorella vulgaris) (plant), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper Chlorophyllin)	
Green Source Herb Blend 100 mg ** (Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root))	

Amount Per Serving	%Daily Value
Green Source Vegetable Blend 100 mg ** (Garlic (Allium sativum) (bulb), Wheat Grass (Triticum sativum) (aerial), Beet Root Powder, Carrot Powder, Parsley Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower and Kale)	
Green Source Fruit Blend 100 mg ** (Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Papaya Fruit Powder, Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (fruit), Pineapple (Ananas sativa) (fruit), Orange (Citrus sinensis) (fruit), Noni Extract (Morinda citrifolia) (fruit))	
Green Source Mushroom Blend 50 mg ** (Shiitake Extract, Maitake (Grifola frondosa) (aerial), Reishi Extract)	

**Daily Value not established.

Smart Facts

Sundown Naturals' Whole Food Concentrate Multi is a Complete Formula for Nutritional Wellness.* An excellent source of vitamins & minerals plus extra nutritional support to address today's demanding lifestyle. Provides many beneficial ingredients not found in traditional multies. This special supplement contains concentrates of whole foods and important nutrients for a source of antioxidants and other phytochemicals.

*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.

DIRECTIONS: FOR ADULTS, TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

REFRIGERATE AFTER OPENING

Color may vary due to natural ingredients.

STORE UNOPENED CONTAINER AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

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