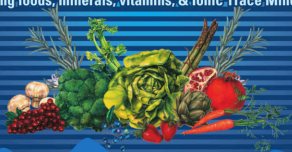


NEW!
IMPROVED
FORMULA!



Complete Foods Multi

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



Certified Vegetarian
240 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 4 tablets
Servings per container 60

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)	200IU 50%
Vitamin E (as d-Alpha Tocopherol Succinate)	120IU 400%
Vitamin K (as Phytonadione)	40mcg 50%
Thiamin (as Thiamin HCl)	4.5mg 300%
Riboflavin	4.5mg 264%
Niacin (as Niacinamide)	30mg 150%
Vitamin B6 (as Pyridoxine HCl)	6mg 300%
Folic Acid	500mcg 125%
Vitamin B12 (as Methylcobalamin)	200mcg 3333%
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 ITM, Mag. Oxide)	220mg 55%
Zinc (as Zinc Amino Acid Chelate)	7mg 47%
Selenium (as Sel. L-Seleniomethionine)	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 Lipoic Acid	75mg †
Bioflavonoid Complex	50mg †

Amount Per Serving	%DV
Inositol	30mg †
Choline (as Choline Bitartrate)	20mg †
PHBA (Para Amino Benzoic Acid)	5mg †
Boron (as Boron Citrate)	2mg †
Lycopene	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 †
Alfalfa Juice Extract, Greens Blend (Cereal Grass Juice Powders (Alfalfa, Wheat, Barley & Oat), Cabbage, Broccoli, Kale, Parsley, Spirulina, Cracked Cell Chlorella, Kelp, Dulse, Dandelion Greens, Broccoli Sprouts), Spirulina Algae: Vegetable Blend (Carrot, Broccoli, Tomato, Cucumber, Kale, Spinach, Parsley, Cabbage, Celery, Cauliflower, Asparagus, Brussels Sprouts, Onion, Garlic, Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack Thallus, Kelp, Kombu, Alaria, Dulse, Betalene.	
Fruit and Berry Blend	240mg †
Berry Blend (Goose, 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	125mg †
Turmeric Root, Ginger Root, Oregano Leaf, Rosemary Leaf.	
Mushroom Blend	36mg †
Cordyceps Extract, Maitake Extract, Poria Sclerotium Extract, Reishi Extract, Turkey Tail Extract, Grifola.	
* 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.

r-M1Y16

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



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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cGMP



Complete Foods 240



LOT#BEST BY DATE