

Supplement Facts

Serving Size 4 Tablets, Servings Per Container 1; Amount Per Serving: Calories 20, Total Fat 1g (2%* DV); Total Carbohydrate 3g (1%* DV); Dietary Fiber 1g (4%* DV); Vitamin A (as Beta Carotene) 8200IU (164% DV); Vitamin C (as Ascorbic Acid) 200mg (333% DV); Vitamin D3 (as Cholecalciferol) 200IU (50% DV); Vitamin E (as d-Alpha Tocopherol Succinate) 120IU (400% DV); Vitamin K (as Phytonadione) 40mcg (50% DV); Thiamin (as Thiamine HCl) 4.5 mg (300% DV); Riboflavin 4.5mg (264% DV); Niacin (as Niacinamide) 30mg (150% DV); Vitamin B6 (as Pyridoxine HCl) 6mg (300% DV); Folic Acid 500mcg (125% DV); Vitamin B12 (as Cyanocobalamin) 200mcg (3333% DV); Biotin 150mcg (50% DV); Pantothenic Acid (as Calcium Pantothenate) 35mg (350% DV); Calcium (as Calcium Citrate) 140mg (14% DV); Iron (as Ferrous Fumarate) 4.5mg (25% DV); Magnesium (from Concentrace® and Mag. Oxide) 220mg (55% DV); Zinc (as Zinc Amino Acid Chelate) 7mg (47% DV); Selenium (as Sel. L-Seleniomethionine) 165mcg (236% DV); Copper (as Copp. Amino Acid Chelate) 0.35mg (18% DV); Manganese (as Mang. Amino Acid Chelate) 2mg (100% DV); Chromium (as Chromium Amino Acid Chelate) 130mcg (108% DV); Molybdenum (as Moly. Amino Acid Chelate) 75mcg (100% DV); Sodium 35mg (1% DV); Potassium (as Potassium Citrate) 145mg (4% DV); Alpha Lipoic Acid 75mg**; Bioflavonoid Complex 50mg**; Inositol 30mg**; Choline (from Choline Bitartrate) 20mg**; PABA (Para Amino Benzoic Acid) 5mg**; Boron (from Boron Citrate) 2mg**; Lycopene 1mg**; Lutein 1mg**; Vanadium (as Van. Amino Acid Chelate) 50mcg**;

Ionic Trace Mineral Blend 1.5g:** A special blend 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, Brussel Sprouts, Onion, Garlic, Ginger), Chlorella Algae, Sodium Alginate, Bladderwrack Thallus, Kelp, Kombu, Alaria, Dulse, Betanene; **Fruit and Berry Blend 240mg**:** **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, 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 Tails 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.

Trace Minerals



RESEARCH



Complete Foods Multi

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

Certified Vegetarian • Gluten Free

4 TABLETS • DIETARY SUPPLEMENT

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.

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