

Manufactured in the USA by:
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Essential-4 Nutrition Pack

A Dietary Supplement



30 Packs

Supplement Facts

Serving Size 1 Pack (4 Tablets / 2 Softgels / 1 Capsule / 1 Caplique™** per pack) • Servings Per Container 30

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories	16	Proprietary Organic Fruit and Vegetable Blend	350 mg *
Calories from Fat	16	Organic beet powder (root), Organic carrot powder (root), Organic	
Total Fat	1.8 g 3%	black currant powder (fruit), Organic blueberry powder (fruit),	
Vitamin A (33% [2,500 IU] as Vitamin A Palmitate /	7,500 IU 150%	Organic broccoli powder (whole plant), Organic Concord grape	
67% [5,000 IU] as Natural Beta-Carotene) from		powder (fruit), Organic green cabbage powder (whole plant),	
D. Salina with full spectrum carotenoids†††		Organic collard greens powder (leaf), Organic mountain cranberry	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate /	700 mg 1,167%	powder (fruit), Organic kale powder (whole plant), Organic Parsley	
Calcium and Magnesium Ascorbate complex)		powder (whole plant), Organic pomegranate powder (fruit), Organic	
Vitamin D-3	500 IU 125%	raspberry powder (fruit), Organic spinach powder (whole plant),	
Vitamin E (natural, as d-alpha tocopheryl, d-alpha-	213 IU 690%	Natural Coenzyme Q10	100 mg *
tocopherols and mixed tocopherols)		L-Cysteine / N-Acetyl L-Cysteine	75 mg *
Thiamine	50 mg 3,333%	Betaine (from 75 mg Betaine HCl)	57 mg *
Riboflavin	25 mg 1,471%	Rose Hips	50 mg *
Niacin/Niacinamide	95 mg 475%	Lemon Bioflavonoids	50 mg *
Vitamin B-6 (as Pyridoxine HCl /	50 mg 2,500%	Garlic (bulb, Pure-Gar®, odorless)	50 mg *
Pyridoxal-5-Phosphate Complex)		Cauliflower (entire plant)	50 mg *
Folate (as L-methylfolate, Metafolin®)	400 mcg 100%	Spirulina	50 mg *
Vitamin B-12 (as cyanocobalamin /	125 mcg 2,083%	Chlorella (broken cell wall)	50 mg *
methylcobalamin complex)		Green Papaya Extract (fruit)	50 mg *
Biotin	150 mcg 50%	Inositol	50 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 2,500%	Blackberry (fruit)	40 mg *
Calcium (as Calcium Citrate/Ascorbate Complex)	250 mg 25%	Celery Powder (leaf)	35 mg *
Iodine (from Kelp)	100 mcg 67%	Black Radish Powder (root)	35 mg *
Magnesium (as Magnesium Aspartate /	250 mg 63%	Apricot powder (fruit)	35 mg *
Ascorbate Complex)		Choline (from 75 mg Choline Citrate / Bitartrate)	30 mg *
Zinc (as Zinc Amino Acid Chelate)	12.5 mg 87%	Green Tea Extract (leaf)	25 mg *
Selenium (as Selenium Krebs††/ Kelp complex)	100 mcg 143%	Apple Pectin (fruit)	25 mg *
Copper (as Copper Amino Acid Chelate)	1 mg 50%	PABA (para-aminobenzoic acid)	25 mg *
Manganese (as Manganese Aspartate Complex)	5 mg 250%	Bromelain (2,000 GDU / g)	25 mg *
Chromium (Organically bound with GTF	100 mcg 83%	Red Wine Proanthocyanidins / Pine Bark Extract	25 mg *
activity-low allergenicity)		(OPC 85) (J.Mesquelier U.S.	
Molybdenum (as Molybdenum Krebs††)	50 mcg 67%	Patent No. 4,698,360)	
Potassium (as Potassium Aspartate Complex)	49.5 mg 1%	Hesperidin	17.5 mg *
L. Acidophilus (DDS-1)	1.150 Billion CFU *	Rutin	12.5 mg *
L. Rhamnosus	1.150 Billion CFU *	Glutamic Acid (from 13 mg Glutamic Acid HCl)	10 mg *
L. Rhamnosus (Type B, Bifidus)	775 Million CFU *	L-Methionine	6.3 mg *
S. Lactis	275 Million CFU *	Lutein (natural)	3 mg *
Bifidobacterium Longum	275 Million CFU *	Lycopene (natural)	3 mg *
B. Bifidum	275 Million CFU *	Boron (as Boron Aspartate / Citrate complex)	0.75 mg *
S. Thermophilus	150 Million CFU *	Zeaxanthin	0.5 mg *
EPA (Eicosapentaenoic acid)	660 mg *	Trace Elements (from Sea Vegetation)	approx. 50 mcg *
DHA (Docosahexaenoic acid)	340 mg *	Vanadium (as Vanadium Krebs††)	25 mcg *

†Percent Daily Values based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), ultra refined fish oil concentrate, vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, Hydroxypropyl methylcellulose (vegetarian capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (Citrus sinensis, peel), ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†††Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, and additional Lutein and Lycopene.

**A Caplique™ is a liquid filled two piece capsule sealed with a band.

This product contains NO yeast, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 pack daily with meals or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

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Formula #65387

