SHAKE WELL

High Potency Liquid Vitamins provides your body with a complete spectrum of vital nutrients FAST! They are easier to absorb and work faster than any tablet, capsule or gel cap available.

They are blended with apple, raspberry, grape and cherry juices to provide a great tasting product without any added sugars or sweeteners. *

DIRECTIONS: SHAKE WELL BEFORE EACH USE, REFRIGERATE AFTER OPENING, BEST IF USED WITHIN 45 DAYS FROM OPENING. Adults should take 2 tablespoons daily. preferably with breakfast. We recommend you mix it with your favorite juice. Do not take on an empty stomach.

This product is wheat, gluten, yeast and dairy free.

CAUTION: Pregnant and nursing women should check dosage with their healthcare professional. Keep out of reach of children.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



VEGETARIAN SAFE

Liquid Nutrients

Gluten, Wheat, Yeast & Dairy **FREE**

Liquid



Whole Food Complex • 16 FL OZ (473 ml) **Dietary Supplement**

Supplement Facts

Serving Size: 2 Tbsp. (30 mL)

	Servings per Container: 10				
	Amount per Serving		%DV		
	Calories	36			
	Total Carbohydrates	9 g	3%		
	Sugars	7 g			
	Vitamin A (as beta carotene)	10,000 IŪ	2009		
	Vitamin C (as ascorbic acid)	1,000 mg	1666		
	Vitamin D (ergocalciferol)	400 IU	1009		
R	Vitamin E (as d-alpha tocopheryl)	400 IU	13339		
	Vitamin B-1 (as thiamin)	50 mg	33339		
	Vitamin B-2 (riboflavin)	50 mg	29419		
	Niacin (niacinamide)	50 mg	2509		
	Vitamin B-6 (as pyridoxine HC	 50 mg 	25009		
0	Folic Acid (folate)	400 mcg	1009		
	Vitamin B-12 (methylcobalamin)1,000 mcg 166669				
	Biotin	300 mcg	1009		
	Pantothenic Acid	150 mg	15009		
٠	(d-calcium pantothenate)				

Paba (para-aminobenzoic acid)	50 mg	÷
Choline Bitartrate	50 mg	÷
Inositol	50 mg	†
Citrus Bioflavonoids	65 mg	†
(hesperidin)		

Rutin 40 mg * Percentage of Daily Value based on a 2,000 calorie diet. †Daily Value not established. Other ingredients: Pure mountain water, white grape juice, apple

juice, raspberry juice, cherry juice, natural apple, vanilla, coconut, cingamon and other natural flavors, xanthan sum, suar sum, oroanic citrus extract and/or citric acid. potassium sorbate (to easure freshaess), nisin (naturally easures freshaess) and polylysiae (natural preservative).