



GENESISToday.

Total Nutrition Liquid Multivitamin

PLANT-BASED MULTIVITAMIN

Total Nutrition Liquid Multivitamin is a vegetarian multivitamin and mineral formula extracted from organic plants. Each serving provides 30 organic superfoods, naturally-occurring essential amino acids, plus 18 vitamins and minerals to support overall daily health. This USDA Organic formula is also soy, dairy, gluten and lactose free.

Total Nutrition Liquid Multivitamin is a convenient option for those who don't like to swallow tablets or the taste of chewable vitamins. Consume a serving by itself (2 tbsp.) or mix into your favorite beverage or smoothie for a nutritionally-enhanced treat.

ORGANIC VITAMINS & MINERALS

18 vitamins and minerals naturally-derived from organic plant sources.

ORGANIC AMINO ACIDS

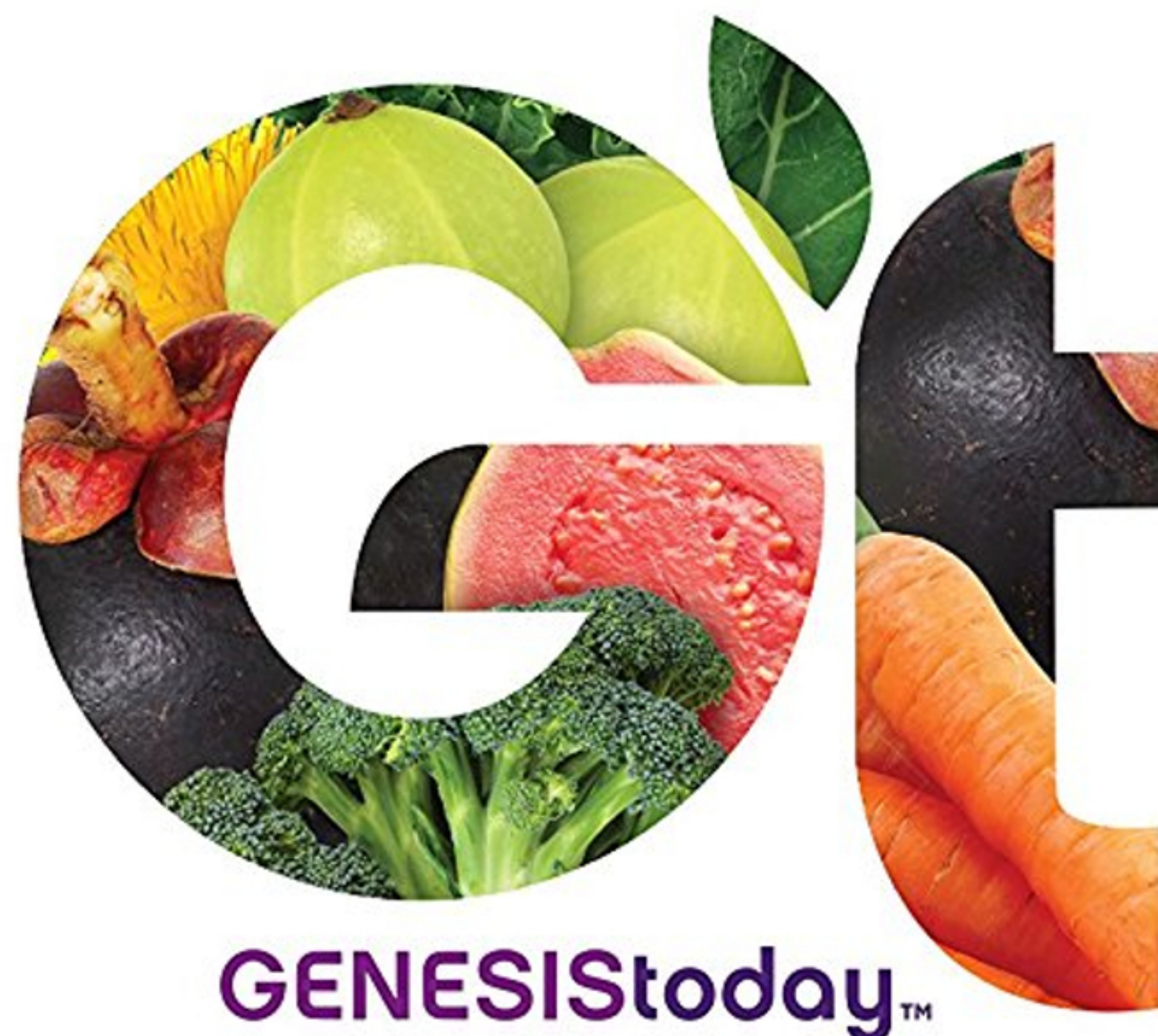
Essential amino acids derived from organic brown rice, spirulina, blue green algae and pea protein.

ORGANIC SUPERFOODS

30 organic superfood sources inclusive of sea buckthorn, açai, goji, mangosteen, noni and pomegranate.

SHAKE WELL. REFRIGERATE AFTER OPENING. FLASH PASTEURIZED FOR YOUR PROTECTION. Best if used by expiration date. Once opened, consume contents within 30 days. Do not use if seal around cap is broken. Keep out of reach of children. Due to the natural ingredients in this product, taste, color and consistency may vary. Store in a cool, dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Total Nutrition Liquid Multivitamin

Supports Daily Healthy Nutrition*



Vegetarian

30

Organic Superfoods



Gluten-Free



DIETARY SUPPLEMENT

32 FL OZ (1QT) 946mL

Supplement Facts

Serving Size: 1 fl. oz. (2 tbsp.)
Servings Per Container: 32

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	25	Genesis Today's Organic Plant-Derived Vitamin & Mineral Blend	223 g †
Total Carbohydrate	5 g 2%**	Organic Carrot Juice Concentrate (root), Organic Amla Extract Powder (fruit), Organic Guava Extract Powder (fruit), Organic Kelp Powder (leaf), Organic Annatto Extract Powder (seed), Organic Holy Basil Extract Powder (leaf), Organic Lemon Extract Powder (fruit), Organic Brussels Sprouts Powder (flowering bud), Organic Collard Greens Powder (leaf), Organic Dandelion Greens Powder (leaf), Organic Sesame Flour (seed), Organic Broccoli Powder (stem & flower), Organic Kale Powder (leaf), Organic Parsley Powder (leaf), Organic Shiitake Mushroom Extract Powder (fruiting body), Organic Spinach Powder (leaf), Organic Cabbage Sprout Powder (shoot)	
Sugars	4 g †		
Protein	1 g 2%**	Genesis Today's Organic Amino Acid Blend	680 mg †
Vitamin A (99% as beta carotene)	700 IU 14%	Organic Brown Rice Powder (whole grain), Organic Spirulina Powder (Arthrospira platensis), Organic (Chlorella vulgaris) Powder, Organic Blue Green Algae Powder (Aphanizomenon flos-aquae), Organic Pea Protein Concentrate (seed)	
Vitamin C	18 mg 30%	Genesis Today's Organic Superfoods Blend	325 mg †
Vitamin E	22 IU 73%	Organic Camu Camu Powder (fruit), Organic Maca Powder (root), Organic Sea Buckthorn Juice Powder (fruit), Organic Açai Juice Powder (fruit), Organic Goji Juice Powder (fruit), Organic Mangosteen Powder (rind), Organic Noni Powder (fruit), Organic Pomegranate Powder (fruit)	
Vitamin K	12 mcg 15%		
Thiamin	10 mg 667%		
Riboflavin	12 mg 706%		
Niacin	18 mg 90%		
Vitamin B6	18 mg 900%		
Pantothenic Acid	10 mg 100%		
Calcium	30 mg 3%		
Iodine	70 mcg 47%		
Magnesium	8 mg 2%		
Zinc	4.5 mg 30%		
Selenium	63 mcg 90%		
Chromium	100 mcg 83%		
Molybdenum	1.5 mcg 2%		
Sodium	20 mg 1%		
Potassium	35 mg 1%		
Omega-3 Fatty Acids	15 mg †		
Omega-6 Fatty Acids	30 mg †		
Omega-9 Fatty Acids	16 mg †		

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

Other Ingredients: Reconstituted Organic Aloe Vera Juice (leaf), Organic Agave Nectar (leaf), Organic Flavors, Citric Acid, Organic Chia (Seed) Powder (for texture), Xanthan Gum (natural stabilizer), Sea Salt and Organic Stevia Leaf Extract.

Sourced, Formulated, Quality Tested & Distributed by
Genesis Today, Inc., Austin, TX 78744
(800) 916-6642 • GenesisToday.com

Certified Organic by Organic Certifiers.

Directions: Drink 1 fl. oz. with a meal daily or as directed by your healthcare provider. Additional 1 fl. oz. servings may be taken throughout the day if desired.

Caution: Due to the presence of naturally-occurring niacin in this product, some individuals may experience a "niacin flush" (hot feeling or skin redness) due to increased blood flow.



This bottle is made from
100% recyclable plastic



ROL18-098
LSGT00103

