

120 CAPSULES

Dietary Supplement

Whole Foods Power Multi™

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value **	Amount Per Serving	% Daily Value **
Calories	5	Potassium	33.3 mg <1%
Protein	1 g		(as potassium chloride, Abion® potassium glycinate complex)
Vitamin A	6,667 IU 133%	Amylase 5000 FCC units/gm	3.3 mg †
(as Beta-Carotene and Betatene® D. Salina® natural beta-carotene with mixed carotenoids)		(<i>Aspergillus oryzae</i>)	
Vitamin C (as ascorbic acid)	667 mg 1,112%	Apple pectin (fruit)	13.3 mg †
Vitamin D (as cholecalciferol)	267 IU 67%	Bee pollen powder	66.7 mg †
Vitamin E (as d-alpha-tocopheryl acetate)	133 IU 443%	Betaine HCL	16.7 mg †
Thiamin (Vitamin B-1) (as thiamine HCl)	16.7 mg 1,113%	Mixed carotenoids	2.7 mg †
Riboflavin (Vitamin B-2)	16.7 mg 982%	(from Betatene® natural beta-carotene)	
Niacin (Vitamin B-3) (as niacinamide)	26.7 mg 134%	Black current powder (seed)	33.33 mg †
Vitamin B-6 (as pyridoxine HCl)	16.7 mg 835%	[providing 10% fatty acids (3.3 mg), including 2.5-4% gamma linolenic acid (0.832-2.66 mg)]	
Folate (as folic acid)	267 mcg 67%	Bromelain	6.67 mg †
Vitamin B-12 (as cyanocobalamin)	133.3 mcg 2,222%	(from pineapple) (2400 gelatin digestive units per gram)	
Biotin	66.7 mcg 22%	Choline (as choline bitartrate)	20 mg †
Pantothenic acid	40 mg 400%	DNA (Deoxyribonucleic acid, from yeast)	4 mg †
(as d-calcium pantothenate)		Inositol	20 mg †
Calcium	133.3 mg 13%	Korean ginseng powder (root)	33.3 mg †
(as calcium carbonate and TRAACS® calcium glycinate dihydrate)		Lemon bioflavonoid complex	40 mg †
Iodine (from kelp)	100 mcg 67%	[50% total bioflavonoids (20 mg)]	
Magnesium	66.7 mg 17%	Lipase	3.3 mg †
(as magnesium oxide and TRAACS® magnesium lysinate glycinate chelate)		5000 FCC units/gm (<i>Aspergillus niger</i>)	
Zinc	10 mg 67%	Lutein (from marigold flowers)	1.3 mg †
(as TRAACS® zinc bisglycinate chelate and zinc picolinate)		Octacosanol (from rice wax)	133.3 mcg †
Selenium	16.7 mcg 24%	PABA (para-aminobenzoic acid)	10 mg †
(as Albion® selenium glycinate complex)		Papain 2000 USP units/mg (fruit)	20 mg †
Copper	0.3 mg 15%	Quercetin dihydrate (seeds)	20 mg †
(as TRAACS® copper bisglycinate chelate)		RNA (Ribonucleic acid, from yeast)	14 mg †
Manganese	2.7 mg 135%	Rutin powder (seeds)	16.7 mg †
(as TRAACS® manganese bisglycinate chelate)		Spirulina (California grown) (microalgae)	666.7 mg †
Chromium	13.3 mcg 11%	Zeaxanthin	625 mcg †
(as TRAACS® chromium nicotinate glycinate chelate)		(from marigold flowers and spirulina)	
Chloride (as potassium chloride)	25.6 mg <1%		
Sodium	6 mg <1%		

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

OTHER INGREDIENTS: GELATIN, RICE FLOUR, VEGETABLE MAGNESIUM STEARATE, MALTODEXTRIN, SUCROSE, CALCIUM SILICATE, ACACIA, LIPIDS, TAPIOCA STARCH, CORNSTARCH, SILICON DIOXIDE, ASCORBYL PALMITATE, DEXTROSE, DL-ALPHA-TOCOPHEROL, SODIUM ASCORBATE, SODIUM CITRATE, AND HYDROXYPROPYLCELLULOSE. **CONTAINS:** CRUSTACEAN SHELLFISH (LOBSTER, SHRIMP, AND CRAB), FISH (COD, POLLOCK, HADDOCK, HAKE, CUSK, REDFISH, SOLE AND FLOUNDER). MAY CONTAIN TRACES OF SOY. DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

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Suggested Use: Take four (4) capsules once daily, preferably with a meal, as a dietary supplement, or as directed by a physician.

Warning: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

This product contains **Betatene®** natural mixed carotenoids, an exclusive product of BASF Corporation. **Betatene®** is a registered trademark of BASF Corporation.

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For your protection, this container has an outer safety seal.

(Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

KEEP OUT OF REACH OF CHILDREN

