

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	10	Potassium	35 mg 1%
Protein	1 g	(as potassium chloride, Abion® potassium glycinate complex)	
Vitamin A	6667 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 1112%	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 1113%	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 currant powder (seed)	33.3 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 2222%	(from pineapple) (2400 gelatin digestive units per gram)	
Biotin	66.7 mcg 22%	Choline (as choline bitartrate)	20 mg †
Pantothenic acid	40 mg 400%	DHA (Docosahexaenoic acid, from salmon milt)	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 Chelate)		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 mcg †
Selenium	16.7 mcg 24%	PABA (para-Aminobenzoic Acid)	10 mg †
(as Albion® selenium glycinate complex)		Papain 2000 USP units/mg (<i>Carica papaya</i> fruit)	20 mg †
Copper	0.3 mg 15%	Quercetin dihydrate	20 mg †
(as TRAACS® Copper Bisglycinate Chelate)		RNA (Ribonucleic acid, from yeast)	14 mg †
Manganese	2.7 mg 135%	Rutin powder	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	5 mg <1%		

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

OTHER INGREDIENTS: GELATIN, RICE FLOUR, MAGNESIUM STEARATE, MALTODEXTRIN, CALCIUM SILICATE, SUCROSE, ACACIA, LIPIDS, CORNSTARCH, ASCORBYL PALMITATE, DEXTROSE, SILICON DIOXIDE, SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, SODIUM CITRATE, HYDROXYPROPYLCELLULOSE, MAGNESIUM CARBONATE, MICROCRYSTALLINE CELLULOSE, GLUCOSE SYRUP. **CONTAINS:** SOYBEAN, FISH (COD, POLLOCK, HADDOCK, HAKE, CUSK, REDFISH, SOLE, FLOUNDER, SALMON), CRUSTACEAN SHELLFISH (LOBSTER, SHRIMP, CRAB).
DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342

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.)

Store in a dry, cool place.

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

KEEP OUT OF REACH OF CHILDREN



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