

Recommendation: Take 1 to 3 tablets daily.

Supplement Facts

Serving Size 3 Tablets		Servings Per Container 2	
Amount Per Serving		% DV	
Calories		5	
Total Carbohydrate		1 g < 1%†	
Vitamin A (33% [5,000 IU] as retinol acetate and 67% [10,000 IU] as beta carotene) providing (typical analysis): beta carotene 5,625 mcg, gamma carotene 5.6 mcg, trans beta carotene 5.4 mcg, beta zeo carotene 1.1 mcg		300%	
Vitamin C (ascorbic acid)		1 g 1667%	
Vitamin D (as ergocalciferol)		400 IU 100%	
Vitamin E (as d-alpha tocopheryl succinate)		200 IU 667%	
Vitamin K (as phyttonadione)		80 mcg 100%	
Thiamin (as thiamin mononitrate)		25 mg 1667%	
Riboflavin (Vitamin B2)		25 mg 1471%	
Niacin (as niacinamide)		125 mg 625%	
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)		50 mg 2500%	
Folic Acid		400 mcg 100%	
Vitamin B12 (as cyanocobalamin)		200 mcg 3333%	
Biotin (as biotin trifluoride)		300 mcg 100%	
Pantothenic Acid (as d-calcium pantothenate)		125 mg 1250%	
Calcium (as carbonate/citrate)		250 mg 25%	
Iron (from spirulina, calcium carbonate/citrate)		800 mcg 4%	
Iodine (from kelp powder)		150 mcg 100%	
Magnesium (as oxide/citrate)		125 mg 31%	
Zinc (as amino acid chelate)		15 mg 100%	
Selenium (as L-selenomethionine)		70 mcg 100%	
Copper (as amino acid chelate)		2 mg 100%	
Manganese (as amino acid chelate)		4 mg 200%	
Chromium (as picolinate)		120 mcg 100%	
Molybdenum (as molybdenum trifluoride)		75 mcg 100%	
Sodium		15 mg 1%	
Potassium (as amino acid chelate)		50 mg 1%	
Green Food/Spirulina Blend: 500 mg **			
Spirulina (microalgae); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell micro-algae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf) Providing: Chlorophyll, DNA, RNA and Amino Acids: (Glutamine, Asparagine, Leucine, Alanine, Arginine, Lysine, Threonine, Valine,			
Amount Per Serving		% DV	
Glycine, Isoleucine, Serine, Proline, Phenylalanine, Tyrosine, Histidine, Methionine, Tryptophan, Cysteine)			
Garden Veggies™ Powder Blend: 100 mg **			
Parsley Juice; Kale Juice; Spinach Juice; Wheat Grass Juice; Brussels Sprout Juice; Asparagus Juice; Broccoli Juice; Cauliflower Juice; Beet Juice; Carrot Juice; Cabbage Juice; Garlic Juice			
Orchard Fruits™ Powder Blend: 100 mg **			
Plum Juice; Cranberry Juice; Blueberry Juice; Strawberry Juice; Blackberry Juice; Bilberry Juice; Cherry Juice; Apricot Juice; Papaya Juice; Orange Juice; Grape Juice; Pineapple Juice			
Myco Defense® Mushroom Blend: 100 mg **			
Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima			
Digestive Enzyme Blend: 100 mg **			
Concentrated Enzyme formula: (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)			
Omega Fatty Acid Seed Blend: 100 mg **			
Flax Seed Powder (dry, cold pressed), Sunflower Seed Powder (dry, cold pressed) (providing Alpha-Linolenic Acid, Oleic Acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Behenic Acid, Gadoleic Acid, Palmitoleic Acid, Eicosanoic Acid, Lignoceric Acid)			
Citrus Bioflavonoid Complex 60 mg **			
from lemon, orange, grapefruit, lime and tangerine) Providing: Hesperidin, Eriocitrin, Naringin, Narirutin, other Flavanones, Flavonols, Flavones, and other related phenolic compounds			
Inositol 50 mg **			
Siberian Eleuthero (root) 50 mg **			
Choline (as choline bitartrate) 30 mg **			
PABA (para aminobenzoic acid) 25 mg **			
Rutin 25 mg **			
Boron (as sodium borate) 1 mg **			
Lutein (from marigold) 200 mcg **			
† Percent Daily Values (DV) are based on a 2,000 calorie diet.			
** Daily Value not established.			
Other ingredients: vegetable modified cellulose, vegetable modified cellulose gum, vegetable stearic acid, silica, vegetable magnesium stearate, vegetarian glycerin			

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Warning: Do not take with sulfonamide since PABA interferes with the activity of this drug.

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No IRON Added

DIETARY SUPPLEMENT

Alive!

Whole Food Energizer™

Multi-Vitamin

6 TABLETS

#1 MEGA NUTRIENT

with Vitamins - Minerals
Fruits - Vegetables - Enzymes - Bioflavonoids
Amino Acids - Herbs - EFAs - Green Foods - Mushrooms

FREE SAMPLE