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Prod # 59191

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Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.


EARTH SOURCE®

MULTI-NUTRIENT

Providing Whole Food Concentrates
Nature's Energy

DIETARY SUPPLEMENT

60 TABLETS

Suitable for Vegans

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 20

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....5		Citrus Bioflavonoid Complex.....100 mg	**
Total Carbohydrate.....2 g.....<1%*		Dry Wheat Grass Powder.....100 mg	**
Vitamin A.....15,000 IU.....300%		Dry Sprouted Barley Powder.....100 mg	**
Vitamin C (as calcium ascorbate).....1,000 mg.....1667% (100% as natural beta-carotene)		Active Herbal Blend.....112 mg	**
Vitamin D (as D2 ergocalciferol).....400 IU.....100%		(eleuthero [root], ginkgo biloba [leaf], echinacea [aerial], milk thistle [seed], ginger [root], cayenne [fruit])	
Vitamin E.....250 IU.....833%		Rutin.....50 mg	**
(as d-alpha tocopheryl succinate)		Apple Pectin.....25 mg	**
Thiamin (as thiamin mononitrate).....25 mg.....1667%		Inositol.....25 mg	**
Riboflavin.....25 mg.....1471%		Oat Fiber.....25 mg	**
Niacin (as niacinamide, niacin).....25 mg.....125%		Quercetin Dihydrate.....25 mg	**
Vitamin B6 (as pyridoxine HCl).....25 mg.....1250%		Choline (as choline bitartrate).....21 mg	**
Folic Acid.....400 mcg.....100%		Betaine (as betaine HCl).....20 mg	**
Vitamin B12 (as cyanocobalamin).....250 mcg.....4167%		Bromelain.....20 mg	**
Biotin.....50 mcg.....17%		(from pineapple - 40 GDU†††)	
Pantothenic Acid.....25 mg.....250%		Papain (from papaya).....20 mg	**
(as D-Ca pantothenate)		Dehydrated Garlic Powder (bulb).....10 mg	**
Calcium.....250 mg.....25%		Hesperidin Complex.....10 mg	**
(as calcium carbonate, calcium ascorbate, calcium citrate, D-Ca pantothenate)		Amylase.....5 mg	**
Iron (as iron bisglycinate chelate†).....18 mg.....100%		L-Glutathione.....5 mg	**
Iodine (as potassium iodide).....150 mcg.....100%		Lipase.....5 mg	**
Magnesium.....125 mg.....31%		Chlorophyllin.....4 mg	**
(as magnesium oxide, magnesium citrate)		Cellulose.....2.5 mg	**
Zinc (as zinc picolinate).....15 mg.....100%		Co-carboxylase.....2.5 mg	**
Selenium (as L-selenomethionine).....25 mcg.....36%		Pantethine.....2.5 mg	**
Copper.....0.5 mg.....25%		Pyridoxal-5'-Phosphate.....2.5 mg	**
(as copper gluconate)		Riboflavin-5'-Phosphate.....2.5 mg	**
Manganese.....4 mg.....200%		Boron.....1 mg	**
(as manganese gluconate)		(as boron citrate, aspartate, glycinate cholate complex)	
Chromium.....100 mcg.....83%		Carotenoid Mix.....172 mcg.....**	
(as chromium picolinate, yeast free)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Molybdenum.....50 mcg.....67%			
(as molybdenum amino acid chelate†)			
Sodium ††.....25 mg.....1%			
Potassium (as potassium chloride).....50 mg.....1%			
Spirulina.....1 g.....**			
Flax, Borage, Sunflower Seed.....200 mg.....**			
Oil Powder Blend.....**			
Chlorella (from broken cell wall).....100 mg.....**			

*Percent Daily Values (DV) are based on a 2,000
calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable
Cellulose, Silica, Vegetable Magnesium Stearate,
Vegetable Glycerin, Mannitol, Maltodextrin. Contains wheat.**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or
as directed by a healthcare practitioner.**FREE OF:** Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or
surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any
dietary supplement. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and
consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age
of 18. Store at room temperature. Do not use if outer bottle seal is missing or damaged.**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children
under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor
or Poison Control Center immediately.**†Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron
bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No. 6,706,904 and
6,716,814 licensed by Albon International, Inc.

††Naturally occurring.

†††Gelatine Digesting Units (2,000 GDU per gram)

This product contains a chemical known to the State of California to cause birth defects or other
reproductive harm.