

**INGREDIENTS** (per 3 tablets/ per 6 mini tablets)

|   | Amount<br>Per Serving | % Daily<br>Value* |
|---|-----------------------|-------------------|
| <b>Calories</b>   | 20                    | **                |
| <b>Protein</b>  | 1 g                   | **                |
| <b>Carbohydrates</b>  | 3 g                   | 1%                |
| <b>Fiber</b>  | 1 g                   | 6%                |
| Vitamin A (as beta carotene)  | 10,000 IU             | 200%              |
| Vitamin C (as ascorbic acid)  | 1,000 mg              | 1,667%            |
| Vitamin D (as ergocalciferol)   | 400 IU                | 100%              |
| Vitamin E (as d-alpha tocopheryl succinate)   | 200 IU                | 667%              |
| Vitamin K (phylloquinone)   | 80 mcg                | 100%              |
| Vitamin B-1 (as thiamine HCl)   | 25 mg                 | 1,667%            |
| Vitamin B-2 (as riboflavin)   | 25 mg                 | 1,471%            |
| Niacin (as niacinamide)   | 40 mg                 | 200%              |
| Vitamin B-6 (as pyridoxine HCl)   | 25 mg                 | 1,250%            |
| Folate (as folic acid)  | 400 mcg               | 100%              |
| Vitamin B-12 (as cyanocobalamin)  | 200 mcg               | 3,333%            |
| Biotin  | 100 mcg               | 33%               |
| Pantothenic Acid (as calcium pantothenate)  | 60 mg                 | 600%              |
| Calcium (as aminoate complex)   | 200 mg                | 20%               |
| Iron (as aminoate complex, ascorbate)   | 18 mg                 | 100%              |
| Iodine (from kelp)  | 150 mcg               | 100%              |
| Magnesium (as aminoate complex)   | 100 mg                | 25%               |
| Zinc (as monomethionine)  | 15 mg                 | 100%              |
| Selenium (as selenomethionine, aminoate complex)  | 25 mcg                | 36%               |
| Copper (as aminoate complex)  | 0.5 mg                | 25%               |
| Manganese (as aminoate complex)   | 4 mg                  | 200%              |
| Chromium (as polynicotinate)  | 20 mcg                | 17%               |
| Potassium (as aminoate complex)   | 50 mg                 | 1%                |
| Food Fiber Complex (Food Fiber Complex contains: Proprietary Fiber Blend: apple pectin, arabinogalactan, modified citrus pectin, soluble oat bran)  | 50 mg                 | **                |
| Black Currant Seed Oil  | 50 mg                 | **                |
| Whole Food Wellness Complex (Whole fruit concentrates 10X: apple, apricot, banana, camu-camu (Myrciaria dubia), cranberry, orange, peach, red raspberry, strawberry, tomato; concentrates 10X: alfalfa sprout, barley grass juice, beet greens, cabbage leaf, onion bulb, | 50 mg                 | **                |

parsley leaf; concentrate 4X: celery seed; standardized extracts: papaya fruit, red grape (*Vitis vinifera*), broccoli floret, carrot root, garlic clove; standardized concentrate: spinach leaf)

|   |          |    |
|---|----------|----|
| Whole Food PhytoAlgae (Whole Food PhytoAlgae contains: Proprietary complex of spirulina ( <i>Hawaiian Spirulina platensis</i> ), Phenalgin <i>Cytoseira canariensis</i> from Canary Islands) (stand. polyphenols calc. as phlorotannins), chlorella ( <i>Bulgarian Chlorella vulgaris</i> ) (broken cell), cryptomonadales (Asian), red kelp (Norwegian <i>Palmaria palmata</i> ), brown kelp (Norwegian <i>Laminaria digitata</i> ), ulva (Asian <i>Ulva rigida</i> & <i>Ulva fasciata</i> ), red seaweed (Irish <i>Lithothamnium calcarium</i> ), dulce (Mediterranean <i>Rhodomenia palmata</i> ), rockweed (American <i>Ascophyllum nodosum</i> ) | 1,000 mg | ** |
| Bee Pollen (Spanish)  | 100 mg   | ** |
| Sunflower Oil (supplying linoleic acid 54.1 mg, oleic acid 9.3 mg, palmitic acid 4.4 mg, stearic acid 2.2 mg)   | 70 mg    | ** |
| Bioflavonoids (from Citrus limon exocarp) (active flavonols, flavonones, flavones & naringen 26 mg)   | 60 mg    | ** |
| Bromelain (from pineapple fruit) (24 gelatin digesting units)   | 40 mg    | ** |
| Choline (as bitartate)  | 30 mg    | ** |
| Inositol  | 30 mg    | ** |
| Quercetin (from <i>Saphora japonica</i> leaf)   | 30 mg    | ** |
| Rutin (from <i>Saphora japonica</i> leaf)   | 25 mg    | ** |
| Thione Complex (Thione Complex contains: Proprietary Blend: glutathione, selenium (as selenomethionine), N-acetyl-cysteine and grape seed extract)  | 25 mg    | ** |
| RNA (ribonucleic acid)  | 21 mg    | ** |
| PABA (para- aminobenzoic acid)  | 15 mg    | ** |
| Hesperidin (from Citrus limon exocarp)  | 10 mg    | ** |
| Whole Food Enzymes  | 10 mg    | ** |
| Neurosyn  | 10 mg    | ** |
| Source-70 (whole food based soluble mineral complex)  | 10 mg    | ** |
| Chlorophyll (from spirulina)  | 7.5 mg   | ** |
| DNA (deoxyribonucleic acid)   | 6 mg     | ** |
| Carotenoids   | 4 mg     | ** |
| Lutein (active carotenoid from marigold flower extract)   | 3 mg     | ** |
| Eriocitrin (from Citrus limon exocarp)  | 3 mg     | ** |
| Boron (as citrate)  | 1 mg     | ** |
| Octacosanol   | 200 mcg  | ** |
| Whole Food Antioxidants   | 25 mg    | ** |
| Whole Food Amino Acid Complex   | 25 mg    | ** |
| Betaine HCl (from beet molasses)  | 25 mg    | ** |

\*\* Daily Values not established

**Other Ingredients:** Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, young barley leaf, Echinacea angustifolia root, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, pharmaceutical glaze.