

INGREDIENTS

Serving Size: 2 Tablespoons or 1 Capful (1 fl. oz.) (29.57 ml)

	Amount Per Serving	% Daily Value*
Calories	20	
Carbohydrates	5 g	2%
Sugars	4 g	**
Vitamin A (as palmitate, beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as ergocalciferol)	400 IU	100%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as citrate)	50 mg	5%
Iron (as gluconate)	4.5 mg	25%
Iodine (as potassium iodide)	150 mcg	100%
Potassium (as citrate)	50 mg	1%
Source-70 Whole Food Complex Proprietary soluble whole food complex of prehistoric trace element concentrate, Spirulina (natural source of chlorophyll, ribonucleic acid, deoxyribonucleic acid and carotenoids), Alfalfa Leaf Juice (natural source of plant sitosterols, Barley Grass Juice (natural source of 2"- O-glycosyl isovitexin)	500 mg	**
Bee Pollen (Spanish) (naturally providing vitamins, minerals, and enzymes)	100 mg	**
Vitamin E (as d-alpha tocopheryl acetate)	200 IU	667%
Thiamin (vitamin B-1) (as thiamine mononitrate)	25 mg	1667%
Riboflavin (vitamin B-2) (as riboflavin)	25 mg	1471%
Magnesium (as citrate)	25 mg	6%
Zinc (as gluconate)	7.5 mg	50%
Selenium (as amino acid complex)	25 mcg	36%
Copper (as chlorophyllin)	1.5 mg	75%
Manganese (as gluconate)	4 mg	200%
Chromium (as polynicotinate)	20 mcg	17%
Citrus Bioflavonoids (from Citrus limon exocarp)(active flavonols,	100 mg	**

flavonones, flavones & naringen 44 mg)

Ginseng Root (Korean) (naturally providing ginsenosides R [a through h] and F)	50 mg	**
Inositol	30 mg	**
PABA (para-aminobenzoic acid)	15 mg	**
Choline (as bitartrate)	13 mg	**
Chlorophyll (from spirulina and copper chlorophyllin)	4 mg	**

* Based on a 2,000 calorie diet

** Daily Values not established

Other Ingredients: Purified water, crystalline fructose, natural flavors, citric acid, xanthan gum, malic acid, potassium benzoate and potassium sorbate (to preserve freshness), flax seed, astragalus root, ligustrum berry, schisandra fruit, young barley leaf, Echinacea angustifolia root, Irish moss (*Chondrus crispus*), thyme leaf, rice bran