

INGREDIENTS

Serving Size: 2 Tablespoons or 1 Capful (1 fl. oz.) (29.57 ml)		
	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	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 D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	200 IU	667%
Thiamin (vitamin B1) (as thiamine mononitrate)	25 mg	1667%
Riboflavin (vitamin B2)	25 mg	1471%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	1000 mcg	16,667%
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%
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%
Molybdenum (as aminoate complex)	37.5 mcg	50%
Potassium (as citrate)	50 mg	1%
Source-70 Whole Food Complex Proprietary soluble whole food complex of prehistoric trace	500 mg	†

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)		
Bee Pollen (Spanish) (naturally providing vitamins, minerals and enzymes)	100 mg	†
Citrus Bioflavonoids (from Citrus limon exocarp) (active flavonols, flavonones, flavones & naringen 44 mg)	100 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	†
** Percent Daily Values are based on a 2,000 calorie diet. † Daily Value (DV) 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 and rice bran.