

Directions (Adult): Take three (3) Liquid Soft-Gels per day in divided doses with food and a glass of water.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU	100%	Biotin	15 mcg	5%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Pantothenic Acid (as Calcium Pantothenate)	20 mg	200%
Vitamin D (as Vitamin D3)	400 IU	100%	Calcium (as Calcium Citrate)	50 mg	5%
Vitamin E (as d-Alpha Tocopherol)	200 IU	667%	Magnesium (as Magnesium Amino Acid Chelate)	25 mg	6%
Thiamin (as Thiamine Mononitrate)	20 mg	1333%	Zinc (as Zinc Oxide)	15 mg	100%
Riboflavin	20 mg	1176%	Selenium (as L-Selenomethionine)	75 mcg	107%
Niacin (as Niacinamide)	20 mg	100%	Copper (as Copper Amino Acid Chelate)	2 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%	Manganese (as Manganese Ascorbate)	2 mg	100%
Folic Acid	600 mcg	150%	Chromium (as Chromium Polynicotinate)	120 mcg	100%
Vitamin B12 (as Cyanocobalamin)	60 mcg	1000%	Molybdenum (as Molybdenum Amino Acid Chelate)	225 mcg	300%
Crucial Oil Complex	2060 mg	†	Stress Support Blend	21 mg	†
Fish Oil (30% Omega 3 fatty acids (EPA/DHA)), Pumpkin Seed oil, Flax Seed oil (50% ALA)			Ashwagandha powder (root), Astragalus (<i>Astragalus membranaceus</i>) powder (root), Bupleurum (<i>Bupleurum chinense</i>) powder (root)		
Antioxidant Blend	60 mg	†	Green Super Food Blend	18 mg	†
Acai (<i>Euterpe oleracea</i>) Berry powder, Grape Seed extract (95% polyphenols), Green Tea extract (50% polyphenols)(leaf), Resveratrol (20%), White Tea extract (50% polyphenols)(leaf)			Barley Grass powder, Chlorella powder, Spirulina (<i>Arthrospira platensis</i>) powder		
Fruit and Vegetable Botanical Blend	60 mg	†	Energy Blend	24 mg	†
Alfalfa (leaf), Asparagus (aerial), Beet (root), Blueberry (<i>Vaccinium angustifolium</i>) (fruit), Broccoli (aerial), Brussels Sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>) (aerial), Cabbage (<i>Brassica oleracea</i> var. <i>capitata</i>) (aerial), Carrot (<i>Daucus carota</i> ssp. <i>sativus</i>) (root), Collards (aerial), Garlic (bulb), Ginger (root), Grape (fruit), Grapefruit (fruit), Kelp (<i>Laminaria</i> spp.), Lemon (fruit), Onion (bulb), Papaya (fruit), Pineapple (fruit), Spinach (leaf), Tomato (fruit)			American Ginseng powder (root), Asian Ginseng powder (root), Montmorillonite		
Immune Support Blend	54 mg	†	Memory & Concentration Blend	18 mg	†
Cat's Claw powder (bark), European Elder Berry powder, Garlic powder (bulb)			Ginkgo powder (leaf), Phosphatidylserine		
Amino Acid Blend	54 mg	†	Men's Targeted Blend	135 mg	†
L-Histidine Hydrochloride, L-Isoleucine, L-Leucine, L-Lysine Hydrochloride, L-Methionine, L-Phenylalanine, L-Threonine, L-5-Hydroxytryptophan, L-Valine			Milk Thistle powder (seed), Saw Palmetto oil (fruit), Stinging Nettle powder (aerial)		
			Bioperine Complex	6 mg	†
			Bioperine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		
			†Daily Value not established		

Other Ingredients: Gelatin, glycerin, purified water, beeswax, soy lecithin, titanium dioxide and sodium copper chlorophyllin.

Contains: Soy, Fish (anchovy, sardine) No preservatives added.

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.