

Supplement Facts

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

Amount Per Serving	% Daily Value	
Calories	50	
Total Carbohydrate	13 g	4 %*
Sugars	10 g	†
Vitamin A (as palmitate)	10000 IU	200 %
Vitamin C (as ascorbic acid)	1000 mg	1,667 %
Vitamin D (as ergocalciferol)	400 IU	100 %
Vitamin E (as d-alpha tocopheryl acetate)	200 IU	667 %
Vitamin K (phytonadione)	80 mcg	100 %
Thiamin (vitamin B-1) (as thiamine HCl)	25 mg	1,667 %
Riboflavin (vitamin B-2)	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 citrate complex)	50 mg	5 %
Iron (as aminoate complex)	4.5 mg	25 %
Iodine (as potassium iodide)	150 mcg	100 %
Magnesium (as citrate complex)	100 mg	25 %
Zinc (as gluconate)	15 mg	100 %
Selenium (as selenomethionine aminoate complex)	25 mcg	36 %
Copper (as aminoate complex)	0.5 mg	25 %
Manganese (as gluconate)	4 mg	200 %
Chromium (as polynicotinate)‡	20 mcg	17 %
Potassium (as citrate, iodide)	50 mg	1 %
Inositol	30 mg	†
Choline (as bitartrate)	13 mg	†
Lutein (active carotenoid from marigold flower extract)††	3 mg	†

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

† Daily Value (DV) not established.

Other Ingredients:

Water, fructose, vegetable glycerin, citric acid, natural flavors, xanthan gum, copper chlorophyllin, sodium benzoate and potassium sorbate (preserve freshness), **Whole Food PhytoAlgae** [Proprietary complex of spirulina (Hawaiian *Spirulina platensis*), Phenalgin (*Cystoseira canariensis* from Canary Islands)‡‡, chlorella (Bulgarian *Chlorella vulgaris*) (broken cell), cryptomonadales (Asian), red kelp (Norwegian *Palmaria palmata*), brown kelp (Norwegian *Laminaria digitata*), ulva (Asian *Ulva rigida* & *Ulva fasciata*), red seaweed (Irish *Lithothamnium calcarium*), dulse (Mediterranean *Rhodomenia palmata*), rockweed (American *Ascophyllum nodosum*)], **Whole Food Amino Acid Complex** (from spirulina and rice bran), **Whole Food Antioxidants** [Proprietary Blend: turmeric rhizome, milk thistle seed, pau d'Arco, Chinese green tea leaf (decaffeinated)]‡‡, **Whole Food Enzymes** [Proprietary Enzyme Complex: papain (papaya fruit), bromelain (from pineapple fruit), amylase

(*Aspergillus oryzae*), lipase (*A. oryzae*), cellulase (*A. niger*), protease (*A. oryzae*), young barley leaf, bioflavonoids (from *Citrus limon* exocarp), black currant juice, sunflower oil, **Food Fiber Complex** [Proprietary Fiber Blend: apple pectin, soluble oat bran, arabinogalactan, modified citrus pectin], black currant fruit, quercetin (from *Sophora japonica* leaf), rutin (from *Sophora japonica* leaf), hesperidin (from *Citrus limon* exocarp), glutathione, *Echinacea purpurea* root, thyme leaf, boron citrate, RNA (ribonucleic acid), DNA (deoxyribonucleic acid), octacosanol, astragalus root, ligustrum berry, schisandra fruit, PABA (para-aminobenzoic acid), N-acetyl-cysteine, grape seed extract, **Neurosyn** [*Ginkgo biloba* leaf^{††}, *Panax ginseng*^{††}, phospholipid-rich lecithin], Source-70 (whole food based soluble mineral complex), Spanish bee pollen, **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, cayenne (*Capsicum frutescens* fruit), onion bulb, parsley leaf, Shiitake mushroom (*Lentinus edodes* mycelia); concentrate 4X: celery seed; standardized extracts: pineapple, papaya fruit, red grape (*Vitis vinifera*), broccoli floret, carrot root, garlic clove, reishi mushroom *Ganoderma lucidum* fruiting body; standardized concentrate: spinach leaf], chlorophyll (from spirulina), carotenoids, eriocitrin (from *Citrus limon* exocarp), Irish moss (*Chondrus crispus*), rice bran

††Standardized extract

‡ChromeMate® Brand Niacin-Bound Chromium is a registered trademark of InterHealth N.I.

††FloraGLO® is a registered trademark of Kemin Industries, Inc.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.