

# Supplement Facts

Serving Size 1 Packet

Servings Per Container 60

AM Packet (5 capsules)

PM Packet (4 capsules)

Amount Per Serving		% Daily Value		% Daily Value
<b>Vitamin A</b> (as Betatene and Retinal Palmitate)	2500IU	50%	2500IU	50%
<b>Vitamin C</b> (as Ascorbic Acid, Ascorbyl Palmitate and Calcium Ascorbate)	100mg	167%	100mg	167%
<b>Vitamin D</b> (as Cholecalciferol)	400IU	100%	400IU	100%
<b>Vitamin E</b> (as d-alpha tocopheryl Acetate and Mixed Tocopherols)	100IU	333%	100IU	333%
<b>Vitamin K</b>	40mcg	50%	40mcg	50%
<b>Thiamin</b> (Vitamin B1)	1mg	67%	1mg	67%
<b>Riboflavin</b> (Vitamin B2)	1mg	59%	1mg	59%
<b>Niacin</b> (as Niacin and Niacinamide)	11mg	55%	11mg	55%
<b>Vitamin B6</b> (Pyridoxine HCL)	2.5mg	125%	2.5mg	125%
<b>Folate</b> (Folic Acid)	300mcg	75%	300mcg	75%
<b>Vitamin B12</b> (Cyanocobalamin)	7.5mcg	125%	7.5mcg	125%
<b>Biotin</b>	150mcg	50%	150mcg	50%
<b>Pantothenic Acid</b> (D-calcium Pantothenate)	5mg	50%	5mg	50%
<b>Calcium</b> (as Amino Acid Chelate)	500mg	50%	500mg	50%
<b>Iron</b> (as Amino Acid Chelate)	9mg	50%	9mg	50%
<b>Iodine</b> (as Potassium Iodine)	75mcg	50%	75mcg	50%
<b>Magnesium</b> (as Amino Acid Chelate)	200mg	50%	200mg	50%
<b>Zinc</b> (as Citrate)	7.5mg	50%	7.5mg	50%
<b>Selenium</b> (as Amino Acid Chelate)	35mcg	50%	35mcg	50%
<b>Copper</b> (as Gluconate)	1mg	50%	1mg	50%
<b>Manganese</b> (as Amino Acid Chelate)	1mg	50%	1mg	50%
<b>Chromium</b> (as Amino Acid Chelate)	60mcg	50%	60mcg	50%
<b>Molybdenum</b> (as Amino Acid Chelate)	37.5mcg	50%	37.5mcg	50%
<b>CoQ 10</b>	25mg	†	25mg	†
<b>Boron</b> (as Amino Acid Chelate)	75mcg	†	75mcg	†
<b>Vanadium</b> (as Amino Acid Chelate)	5mcg	†	5mcg	†
<b>Ipriflavone</b>	200mg	†	200mg	†
<b>Whole Food Blend</b>	600mg	†	600mg	†
Mangosteen Peel Concentrate, Plum Juice Concentrate, Parsley Juice Concentrate, Kale Juice Concentrate, Spinach Juice Concentrate, Wheat Grass Juice Concentrate, Cranberry Juice Concentrate, Blueberry Juice Concentrate, Strawberry Juice Concentrate, Brussels Sprouts Juice Concentrate, Asparagus Juice Concentrate, Blackberry Juice Concentrate, Broccoli Juice Concentrate, Blackberry Juice Concentrate, Cauliflower Juice Concentrate, Beet Juice Concentrate, Cherry Juice Concentrate, Apricot Juice Concentrate, Papaya Juice Concentrate, Carrot Juice Concentrate, Cabbage Juice Concentrate, Garlic Juice Concentrate, Orange Juice Concentrate, Grape Juice Concentrate, Pineapple Juice Concentrate				
<b>Heart Nutrition Blend</b>	800mg	†		
Olive Oil, Marine Lipid Concentrate, Organic Flaxseed Oil, Borage Oil				

† Daily Value not established.

**Other Ingredients:** Rice Flour, Gelatin, Vitamin E (as d-alpha tocopheryl), Silicon Dioxide and Stearic Acid.

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