

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Consult a licensed health care practitioner before using this product, especially if you are pregnant or nursing. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately. Use this product as a food supplement only. Do not use for weight reduction.

**DIRECTIONS:** Use only as directed. For best results, shake or blend one heaping tablespoon (15.2 g) of powder with 8 oz. (250 ml) of water, juice or your favorite beverage. Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Heaping Tablespoon

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	1 g	<1%†
Protein	8 g	16%†
Vitamin A (Vitamin A Palmitate 53%, Beta Carotene 47%)	15,000 IU	300%
Vitamin C (Ascorbic Acid)	1,000 mg	1,667%
Vitamin D-3 (from Nutritional Yeast)	800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Succinate)	400 IU	1,333%
Vitamin K (from Alfalfa Concentrate)	5 mcg	6%
Thiamine (B-1) (as Thiamine HCl)	25 mg	1,667%
Riboflavin (B-2)	25 mg	1,471%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1,250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	25 mcg	417%
Biotin	25 mcg	8%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Calcium (as Calcium Caseinate, Calcium Carbonate, Dicalcium Phosphate) (Milk)	600 mg	60%
Iron (as Iron Sulfate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	200 mg	20%
Iodine (as Potassium Iodide)	180 mcg	120%
Magnesium (as Magnesium Carbonate)	200 mg	50%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Amino Acid Chelate)	0.2 mg	10%
Manganese (as Manganese Carbonate)	4 mg	200%
Chromium (as Chromium Amino Acid Chelate)	50 mcg	42%
Molybdenum (as Molybdenum Amino Acid Chelate)	50 mcg	67%
Potassium (as Potassium Citrate, Potassium Alginate)	99 mg	3%
Calcium Caseinate (Milk)	8,600 mg	*
Rice Bran	1,000 mg	*
Lemon Bioflavonoids (Lemon Fruit)	400 mg	*
Lecithin (Soy)	350 mg	*
Choline Bitartrate	100 mg	*
Inositol	100 mg	*
Hesperidin Complex (Citrus Fruit)	50 mg	*
Para Amino Benzoic Acid (PABA)	25 mg	*
Rutin	25 mg	*
Proprietary Digestive Blend: Betain HCl, Kelp, Papain	3 mg	*

† Percent Daily Value based on a 2,000 calorie diet.

\* Daily Value not established.