

# Supplement Facts

Serving Size 2 Tablets

Servings per Container 30

	Amount per Serving	% DV ▼		
• Vitamin A.....(beta carotene in carrot)	3500	IU	70	
• Vitamin C.....(ascorbic acid in organic orange††)	100	mg	167	
• Vitamin D3.....(cholecalciferol in <i>S. cerevisiae</i> )	1000	IU	250	
• Vitamin E.. (mixed tocopherols [sunflower] in organic brown rice†)	22	IU	73	
• Vitamin B1..... (thiamine HCl in <i>S. cerevisiae</i> )	2	mg	133	
• Vitamin B2 ..(riboflavin 5'-phosphate sodium in organic brown rice†)	5	mg	294	
• Niacin.....(niacinamide in <i>S. cerevisiae</i> )	20	mg	100	
• Vitamin B6..... (P5P in organic brown rice†)	6	mg	300	
• Folate..... (5-MTHF in broccoli)	200	mcg	50	
• Vitamin B12.....(methylcobalamin in <i>S. cerevisiae</i> )	20	mcg	333	
• Biotin.....(in organic brown rice†)	300	mcg	100	
• Pantothenic Acid..... (calcium pantothenate in organic brown rice†)	8	mg	80	
• Iodine.....(mineral bound <i>S. cerevisiae</i> )	50	mcg	33	
• Zinc..... (rice amino acid chelate)	15	mg	100	
• Selenium.....(mineral bound <i>S. cerevisiae</i> )	50	mcg	71	
• Copper.....(mineral bound <i>S. cerevisiae</i> )	150	mcg	8	
• Manganese.....(mineral bound <i>S. cerevisiae</i> )	1	mg	50	
• Chromium.....(mineral bound <i>S. cerevisiae</i> )	120	mcg	100	
• Molybdenum.....(mineral bound <i>S. cerevisiae</i> )	60	mcg	80	
• Potassium.....(mineral bound <i>S. cerevisiae</i> )	3	mg	<1	
Choline.....(choline bitartrate)	200	mg	**	
Green Tea Leaf Extract.....	250	mg	**	

\*\* % Daily Value (DV) not established

†† Uncle Matt's Organic † Lundberg Family Farms

**Other Ingredients:** Plant Cellulose, Silica, Stearic Acid.

**Suggested Use:** 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

IRON & VITAMIN K  
FREE FORMULA

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- FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.