

# Supplement Facts

Serving Size 2 Tablespoons (30 mL)

	Amount Per Serving	% Daily Value
Calories	50	
Total Carbohydrate	14 g	5**
Total Sugars	5 g	*
Includes 5 g added sugars		10**
Vitamin A (as 2700 IU vitamin A palmitate and 600 IU beta-carotene)	900 mcg	100
Vitamin C (as L-ascorbic acid and calcium ascorbate)	500 mg	556
Vitamin D <sub>3</sub> (as 1600 IU cholecalciferol)	40 mcg	200
Vitamin E (as 150 IU d-alpha tocopheryl acetate)	100 mg	667
Thiamin (as thiamin mononitrate)	20 mg	1667
Riboflavin (as riboflavin-5-phosphate)	20 mg	1538
Niacin (as niacinamide)	20 mg	125
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	20 mg	1176
Folate (as 240 mcg folic acid)	400 DFE mcg	100
Vitamin B <sub>12</sub> (as cyanocobalamin)	100 mcg	4167
Biotin (as d-biotin)	10 mcg	33
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200
Choline (as choline bitartrate)	25 mg	5
Calcium (as calci-K® calcium potassium phosphate citrate and calcium ascorbate)	130 mg	10
Phosphorus (as calci-K® calcium potassium phosphate citrate)	60 mg	5
Iodine (as potassium iodide)	150 mcg	100
Magnesium (as magnesium bisglycinate chelate)	50 mg	12
Zinc (as zinc gluconate)	11 mg	100
Selenium (as selenium glycinate complex)	20 mcg	36
Copper (as sodium copper chlorophyll)	1 mg	111
Manganese (as manganese gluconate)	2 mg	87
Chromium (as chromium amino acid chelate)	30 mcg	86
Molybdenum (as sodium molybdenate)	90 mcg	200
Sodium	10 mg	<1
Potassium (as calci-K® calcium potassium phosphate citrate)	100 mg	2
Greens Blend (from Spirulina powder, Chlorella powder)	400 mg	*
Fruit and Vegetable Blend (from beet juice powder, cranberry powder, orange juice powder, papaya powder, tomato concentrate powder, strawberry powder, apple powder, guava powder, peach powder, acerola berry concentrate, apricot powder, mango powder, red reaspberry powder, kiwi)	200 mg	*
Citrus Bioflavonoids Complex	100 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid)	15 mg	*
American Ginseng Root Extract	10 mg	*
Astragalus Root Extract	10 mg	*
Quercetin	10 mg	*
Rutin	10 mg	*
Ginger Root Extract	5 mg	*
Lycopene	750 mcg	*

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

\* Daily Value not established.

Other Ingredients: Purified water, organic cane sugar, sorbitol, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness), xanthan gum and stevia leaf extract (Reb A). Minerals are shown in their elemental value.

**Contains: Soybeans**

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of yeast, gluten and barley.

Shake well before serving. Keep refrigerated after opening.

**WARNING:** Consuming this product can expose you to chemicals that are known to the State of California to cause birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

**CAUTION:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.