

Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin A (as retinyl palmitate and beta-carotene) (13,000 IU)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	1,250 mg	1,389%
Vitamin D (as cholecalciferol) (1,000 IU)	25 mcg	125%
Vitamin E (as d-alpha-tocopherol acetate) (55 IU)	40 mg	267%
Vitamin K (as phyloquinone)	40 mcg	33%
Thiamin (vitamin B1) (as thiamine HCl)	30 mg	2,500%
Riboflavin (vitamin B2)	30 mg	2,308%
Niacin (as niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxine HCl)	30 mg	1,765%
Folate (as 5-methylfolate)	635 mcg DFE	209%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Biotin	750 mcg	2,500%
Pantothenic acid (as D-calcium pantothenate)	150 mg	3,000%
Calcium (as calcium gluconate, dicalcium phosphate and calcium citrate)	180 mg	14%
Iron (as ferrous gluconate)	1 mg	6%
Magnesium (as magnesium gluconate and magnesium oxide)	40 mg	10%
Zinc (as zinc gluconate)	30 mg	273%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper gluconate)	1.5 mg	167%
Chromium (as chromium amino acid chelate)	200 mcg	571%

Amount Per Serving	% Daily Value
Potassium (as potassium gluconate and citrate)	90 mg <2%
Whole Foods	800 mg *
Whole Foods Blend 620 mg	
Gut Acids, Acai, Agave, Alfalfa, Amia, Apple, Apple Cider Vinegar, Banana, Beet Root, Blackberry, Blueberry, Broccoli, Brown Rice Soluble Protein, Carrot, Chia Seed, Cinnamon Bark, Cranberry, Fennel Seed, Fenugreek Seed, Garlic, Ginger Root, Gogi, Holy Basil, Kale, Mango, Onion, Papaya, Parsley, Pear, Pineapple, Plum, Pomegranate, Grape Juice, Raspberry, Mushroom Shitake, Spinach, Spirulina, Strawberry Juice, Tamaro, Tamaric Root, Orange Peel, Black Currant	
Organic Amino Acids Complex 100 mg	
(from brown rice sprouts) Alanine, Arginine, Aspartic Acid, Cysteine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine	
Trace Minerals 50 mg	
from red algae (Lithothamnium calcareum)	
Multifaceted Free Radical Defense System 25 mg	
(proprietary blend of amla extract and grape seed extract; 95% polyphenols)	
Organic Beet Root Powder 5 mg	
Glucosamine HCl	125 mg *
MSM (methyl-sulfonyl-methane)	100 mg *
PrePro™ Prebiotic and Probiotic Blend	50 mg *
Oral Chitry oligosaccharides (FOS), Lactobacillus acidophilus (500 million CFU), Bacillus coagulans (500 million CFU)	
Trans-Resveratrol	50 mg *
(Polygonum cuspidatum root extract)	
Chondroitin Sulfate	25 mg *
Inositol	25 mg *
Coenzyme Q-10	3 mg *
Boron (as sodium borate)	1 mg *

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, croscarmellose sodium, pharmaceutical glaze, vegetable magnesium stearate, silica.