

# Provides essential nutrients to help support:

<b>BREAST HEALTH*</b> Vitamin D	<b>HAIR, SKIN &amp; NAILS*</b> Vitamin C - Biotin
<b>BONE HEALTH*</b> Boron - Calcium - Folic Acid Magnesium - Manganese Vitamin D - Vitamin K	<b>EYE HEALTH*</b> Beta Carotene (Vitamin A) Vitamin C - Vitamin E Lutein - Zinc
<b>ENERGY &amp; VITALITY*</b> B-Vitamins - Chromium Magnesium	<b>CELLULAR HEALTH*</b> Copper - Selenium - Vitamin A Vitamin C - Vitamin E - Zinc
<b>HEART HEALTH*</b> B-Vitamins - Vitamin C Vitamin E	<b>IMMUNE DEFENSE*</b> Selenium - Vitamin A Vitamin C - Vitamin D - Zinc

**GLUTEN-FREE.** Contains no sugar, salt, soy, yeast, wheat, yeast grain, dairy products, artificial flavoring or preservatives.

**SATISFACTION GUARANTEED.** Safety sealed for your protection with printed inner freshness seal under child resistant bottle cap. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed. **Keep out of reach of children.**

**\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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**CAFFEINE-FREE  
NO STIMULANTS**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.

**INGREDIENTS:** Calcium Carbonate, Cellulose, Magnesium Oxide, Ascorbic Acid (Vitamin C), dl-Alpha Tocopheryl Acetate (Vitamin E), Ferrus Fumarate (Iron), Orchard Fruits™ Blend (Pomegranate [seed], Açaí, Agave Extract [whole palm fruit], Fruit Powders [Plum, Cranberry, Blueberry, Strawberry, Blackberry, Bilberry, Cherry, Apricot, Papaya, Orange, Grape Juice, Pineapple], Garden Vegetables™ Vegetable Powder Blend (Parsley, Kale, Spinach, Kale, Spinach, Wheat Grass, Brussels Sprout, Asparagus, Broccoli, Cauliflower, Beet, Carrot, Cabbage, Garlic, Modified Cellulose Gum, Silica, Stearic Acid, Nicotinamide (Vitamin B3), Hypromellose, Polydextrose, Zinc Oxide, d-Calcium Pantothenate (Vitamin B5), Titanium Dioxide Color, Magnesium Stearate, Modified Cellulose, Phytonadione (Vitamin K), Vitamin A Acetate, Cyanocobalamin (Vitamin B12), Chromium Picolinate, Potassium Iodide, Malted Barley Extract (Malted Lutein Source), Carnine Color.

Amount Per Serving	% DV
Iodine	150 mcg 100%
Magnesium	50 mg 13%
Zinc	15 mg 100%
Selenium	70 mcg 100%
Copper	2 mg 100%
Manganese	2 mg 100%
Chromium	120 mcg 100%
Molybdenum	75 mcg 100%
Orchard Fruits™ Blend	50 mg **
Pomegranate; Açaí; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Apricot; Papaya; Orange; Grape; Pineapple	50 mg **
Garden Vegetables™ Blend	50 mg **
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	150 mcg **
Boron	150 mcg **
Lutein	100 mcg **
**Daily Value (DV) not established.	

Amount Per Serving	% DV
Serving Size 1 Tablet / Servings Per Container 50	
Vitamin A	5,000 IU 100%
(1,500 IU [30%] as beta carotene)	
Vitamin C	60 mg 100%
Vitamin D	1,000 IU 250%
Vitamin E	30 IU 100%
Vitamin K	80 mcg 100%
Thiamin (Vitamin B1)	3 mg 200%
Riboflavin (Vitamin B2)	3.4 mg 200%
Niacin (Vitamin B3)	20 mg 100%
Vitamin B6	4 mg 200%
Folic Acid (Vitamin B9)	400 mcg 100%
Vitamin B12	12 mcg 200%
Biotin (Vitamin B7)	300 mcg 100%
Pantothenic Acid (Vitamin B5)	15 mg 50%
Calcium	500 mg 50%
Iron	18 mg 100%

# Supplement Facts

**RECOMMENDATION:** Take 1 tablet daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for use in children. Do not exceed recommended use.