# SUPPLEMENT FACTS

**Serving Size:** One Packet  
Each Packet Contains: 5 Tablets - 3 Softgels - 2 Capsule

## VITAMIN A 25,000 from 100% BETA CAROTENE
- Vitamin A (100% as Beta Carotene): 25,000 IU 50%  
  *(Beta Carotene is a plant derived non-toxic form of Vitamin A)*

## SUPER B-COMPLEX 50 with BIOTIN & INOSITOL
- Vitamin B-1 (Thiamine HCl): 50 mg 3.33%  
- Vitamin B-2 (Riboflavin): 50 mg 2.94%  
- Vitamin B-6 (Pyridoxine HCl): 50 mg 2.50%  
- Vitamin B-12 (cyanocobalamin): 100 mcg 1.06%  
- Niacin (as Niacinamide): 50 mg 2.75%  
- Folic Acid: 800 mcg 200%  
- Pantothenic Acid: 50 mg 100%  
- Biotin: 10 mg 2%  
- Inositol: 50 mg 2%  
- PABA (Para Aminobenzoic Acid): 50 mg 2%  

## SUPER C-COMPLEX 1000 with CITRUS BIOFLAVONOIDS & QUERCETIN
- Vitamin C (Ascorbic Acid): 750 mg 1,250%  
- Citrus Bioflavonoid Complex: 125 mg  **  
- Quercetin: 50 mg  **  
- Hesperidin (from Citrus Membrane): 50 mg  **  
- Rose Hips Berry: 40 mg  **  
- Acerola Cherry Fruit: 40 mg  **  
- Rutin (as Rutin Hydrochloride): 10 mg  **

## VITAMIN E COMPLEX 400 with 100% NATURAL MIXED TOCOPHEROLS
- Vitamin E (100% Natural): 400 IU 1,333%  
  Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols

## GINSENG ENERGY PLUS® with BEE POLLEN & ROYAL JELLY
- Bee Pollen with Royal Jelly: 312 mg  **  
- Korean Panax Ginseng Root: 100 mg  **  
- Red Panax Ginseng Root: 100 mg  **  
- American Ginseng Root: 100 mg  **  
- Japanese Honeysuckle Root: 20 mg  **  
- Ashwagandha Root: 20 mg  **  
- Schisandra Berry: 20 mg  **  
- Suma Root: 20 mg  **  
- Policosanol: 16 mg  **  
- Black Pepper Extract: 4 mg  **

## ORGANIC FLAXSEED OIL with OMEGA 3 - OMEGA 6 - OMEGA 9
- Flaxseed Oil (Cold Pressed): 1,000 mg  **  
  *(Typically provides the following)*  
- Alpha-Linolenic Acid (Omega-3): 580 mg  **  
- Linoleic Acid (Omega-6): 130 mg  **  
- Oleic Acid (Omega-9): 175 mg  **  
- Palmitic Acid, Saturated Acid and fatty Acids: 90 mg  **

## NUTRITIONAL GREENS with LUTEIN & LYCOPENE
- PHYTO-NUTRIENT SUPER GREENS BLEND: 660 mg  **  
  *(Includes: Alfalfa grass, Atlantic kelp, spirulina blue green algae, spinach, kale, broccoli, rice bran, oat bran, flaxseed and soya lecithin)*

## AMINO ACID COMPLEX with ESSENTIAL BRANCHED-CHAIN AMINOS
- FREE FORM AMINO ACID COMPLEX: 775 mg  **  
  *(Essential Amino Acids)*  
- L-Lysine: 50 mg  **  
- L-Methionine: 50 mg  **  
- L-Phenylalanine: 60 mg  **  
- L-Threonine: 60 mg  **  
- L-Histidine: 60 mg  **  
  *(Non-Essential Amino Acids)*  
- L-Alanine: 12 mg  **  
- L-Leucine: 120 mg  **  
- L-Valine: 60 mg  **  
- L-Isoleucine: 60 mg  **  
- L-Proline: 12 mg  **  

## MINERAL COMPLEX 1000 with Aquamin® Sea Trace Minerals
- Calcium (Carbonate & Citrate): 500 mg 50%  
- Magnesium (Oxide): 200 mg 63%  
- Iron (Iron Carboxylate): 16 mg 100%  
- Iodine (Atlantic Kelp): 125 mcg 100%  
- Copper (Amino Acid Chelate): 2 mg 100%  
- Zinc (Zinc Oxide): 50 mg 334%  
- Manganese (Amino Acid Chelate): 10 mg 500%  
- Potassium (Potassium Chloride): 99 mg 2.8%  
- Chromium (Chromium Picolinate): 40 mcg 34%  
- Selenium (Selenate Yeast): 50 mcg 72%  
- Betain HCl (Enzyme): 90 mg  **

## AQUAMIN® Sea Trace Minerals
- Naturally occurring minerals and trace minerals derived from Red Marine Algae. This seaweed is specially harvested off the coast of Ireland and typically contains 73 trace elements.

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**DIRECTIONS:** TAKE ONE PACKET DAILY WITH A MEAL.

Use only as directed. **WARNING:** Consult a physician before using if you are pregnant, nursing a baby, taking medications, have heart disease, or any other known medical condition. Dietary supplements can affect the way medicines work.

**KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.**

**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.

**WARNING:** Contains Phenylalanine. Do not take this product if you have PKU (Phenylketonuria), a genetic disorder that prevents your body from breaking down the amino acid - Phenylalanine.

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