



Multi-Vitamins

- **General wellness support**
- **Broad spectrum multi-vitamin**
- **Safe levels of vitamin A for women who are pregnant or may become pregnant**
- **1000 IU vitamins D & B12 to combat deficiency**
- **Chelated form increases bioavailability**
- **Available with & without iron**

Suggested Application

4 capsules daily with breakfast or lunch, or as directed

Other Ingredients

Earthrise® Certified Organic Spirulina containing the following naturally occurring phyto-nutrients and amino acids: Phycocyanin, Chlorophyll, Mixed Carotenoids, Polysaccharides, Sulfolipids, Gamma Linoleic Acid, SOD (Super Oxide Dismutase), Zeaxanthin, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, Alanine, Arginine, Aspartic Acid, Cystine, Glutamic Acid, Glycine, Histidine, Proline, Serine, Tyrosine; gelatin capsule.

Includes:

- **Potassium** (*as potassium citrate*)
- **Vitamin A** (*as vitamin A acetate*)
- **Vitamin C** (*as ascorbic acid*)
- **Calcium** (*as calcium carbonate*)
- **Vitamin D** (*as cholecalciferol*)
- **Vitamin E** (*d-Alpha tocopheryl acetate*)
- **Thiamin** (*vitamin B1*)
- **Riboflavin** (*vitamin B2*)
- **Niacin** (*as niacinamide*)
- **Vitamin B6** (*pyridoxine HCl*)
- **Folate** (*folic acid*)
- **Vitamin B12** (*cyanocobalamin*)
- **Biotin**
- **Pantothenic Acid** (*d-calcium pantothenate*)
- **Iodine** (*as potassium iodide*)
- **Magnesium** (*rice protein chelate*)
- **Zinc** (*rice protein chelate*)
- **Copper** (*rice protein chelate*)
- **Manganese** (*rice protein chelate*)
- **Chromium** (*rice protein chelate*)
- **Selenium** (*as L-selenomethionine*)
- **Molybdenum** (*rice protein chelate*)
- **Citrus Bioflavonoid Complex**
- **Lycopene**

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



These broad-spectrum, multiple vitamin and mineral formulas are specially manufactured to **protect the nutrients and present them to the body for optimal absorption** and utilization. When iron is in the formula, it is protected from oxidation by the vitamin C also present in the formula.

Meeting Daily Requirements

Studies have shown in order to meet the minimum daily requirements, one must consume at least 1100 calories of nutrient-dense foods. None of these calories can come from “naked calories” such as sugar, making it difficult to meet the minimum daily requirements, much less optimal levels, without supplementation.

Two nationwide food consumption studies conducted by the USDA found that approximately 60% of individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients: vitamin B6, folate, zinc, copper, calcium, and magnesium. **Multi-Vitamins are formulated to provide daily supplements which exceed RDIs.**

Iron Deficiency

In addition, iron deficiency has long been a marker for the nutritional status of a population. **Much attention has been given to iron replacement; however, too little attention has been given to the damaging consequences of excess iron.**

We offer a choice of Multi-Vitamin/Multi-Mineral supplements with and without iron.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



60% of individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients: vitamin B6, folate, zinc, copper, calcium, and magnesium.
