

Supplement Facts (Men)

Serving Size: One Packet

Servings per Container: 30

Amount per Packet	% Daily Value	Amount per Packet	% Daily Value
Vitamin A (as 81% beta-carotene, retinyl palmitate)	7750 IU 155%	Whole Foods Complex:	237 mg *
Vitamin C (as calcium ascorbate, ascorbic acid)	500 mg 833%	Beet Root	*
Vitamin D (as cholecalciferol)	200 IU 50%	Broccoli Plant	*
Vitamin E (as d-alpha tocopheryl succinate, 180 IU mixed natural tocopherol)	600%	Cabbage Plant	*
Vitamin K (as phytonadione)	20 mcg 25%	Carrot Root	*
Thiamin (as mononitrate)	5 mg 333%	Celery Seed	*
Riboflavin	5 mg 294%	Parsley Leaf	*
Niacinamide	60 mg 300%	Spinach Leaf	*
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal-5-phosphate)	15 mg 750%	Tomato Fruit	*
Folic Acid	800 mcg 200%	Apple Pectin	*
Vitamin B12 (as cyanocobalamin)	700 mcg 11,666%	Papaya Leaf	*
Biotin	300 mcg 100%	Digestive Enzymes (as amylase, protease, lipase, cellulase)	*
Pantothenic Acid (as calcium pantothenate)	30 mg 300%	ProstaPlus Complex:	735 mg *
Calcium (as calcium ascorbate, calcium pantothenate)	22 mg 2%	Green Tea Leaf Extract (50% polyphenols)	*
Iodine (as potassium iodide)	150 mcg 100%	Saw Palmetto Berry Extract (25% fatty acid sterols)	*
Magnesium (as magnesium oxide, magnesium citrate)	100 mg 50%	Alpha Lipoic Acid	*
Zinc (as zinc amino acid chelate)	30 mg 200%	Taurine	*
Selenium (as selenium amino acid complex)	200 mcg 286%	Glycine	*
Copper (as copper citrate)	2 mg 100%	Grape Seed Extract	*
Manganese (as manganese citrate)	2 mg 100%	Glutamine	*
Chromium (as chromium polynicotinate)	100 mcg 83%	Pygeum Bark Extract	*
Choline (as bitartrate)	100 mg *	Turmeric Root	*
Bromelain	50 mg *	Glutathione (reduced)	*
N-Acetyl-L-Cysteine	50 mg *	Tri Omega Proprietary Blend:	750 mg *
Alpha Lipoic Acid	10 mg *	Marine Fish Oil	*
Lycopene	1 mg *	High Lignan Flax Seed Oil	*
Lutein	0.75 mg *	Borage Seed Oil	*

*Daily Value not established.

Supplement Facts (Women)

Serving Size: One Packet

Servings per Container: 30

Amount per Packet	% Daily Value	Amount per Packet	% Daily Value
Vitamin A (as 81% beta-carotene, retinyl palmitate)	7750 IU 155%	Whole Foods Complex:	237 mg *
Vitamin C (as calcium ascorbate, ascorbic acid)	500 mg 833%	Beet Root	*
Vitamin D (as cholecalciferol)	200 IU 50%	Broccoli Plant	*
Vitamin E (as d-alpha tocopheryl succinate, 180 IU mixed natural tocopherol)	600%	Cabbage Plant	*
Vitamin K (as phytonadione)	20 mcg 25%	Carrot Root	*
Thiamin (as mononitrate)	5 mg 333%	Celery Seed	*
Riboflavin	5 mg 294%	Parsley Leaf	*
Niacinamide	60 mg 300%	Spinach Leaf	*
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal-5-phosphate)	15 mg 750%	Tomato Fruit	*
Folic Acid	800 mcg 200%	Apple Pectin	*
Vitamin B12 (as cyanocobalamin)	700 mcg 11,666%	Papaya Leaf	*
Biotin	300 mcg 100%	Digestive Enzymes (as amylase, protease, lipase, cellulase)	*
Pantothenic Acid (as calcium pantothenate)	30 mg 300%	isoflavone Plus Complex:	740 mg *
Calcium (as calcium ascorbate, calcium pantothenate)	22 mg 2%	Green Tea Leaf Extract (50% polyphenols)	*
Iodine (as potassium iodide)	150 mcg 100%	Cranberry	*
Magnesium (as magnesium oxide, magnesium citrate)	200 mg 50%	Fenugreek Seed	*
Zinc (as zinc amino acid chelate)	15 mg 200%	Dong Quai Root	*
Selenium (as selenium amino acid complex)	200 mcg 286%	Soy Isoflavones (40% isoflavones) from non-GMO Glycine Max	*
Copper (as copper citrate)	2 mg 100%	Red Clover Extract (1% isoflavones)	*
Manganese (as manganese citrate)	2 mg 100%	Alpha Lipoic Acid	*
Chromium (as chromium polynicotinate)	100 mcg 83%	Grape Seed Extract	*
Choline (as bitartrate)	100 mg *	Glutathione (reduced)	*
Bromelain	50 mg *	N-Acetyl-L-Cysteine	*
N-Acetyl-L-Cysteine	50 mg *	Tri Omega Proprietary Blend:	750 mg *
Alpha Lipoic Acid	10 mg *	Marine Fish Oil	*
Lycopene	1 mg *	High Lignan Flax Seed Oil	*
Lutein	0.75 mg *	Borage Seed Oil	*

*Daily Value not established.