



## Complete Nutrition

### DESCRIPTION

Complete Nutrition is an all-in-one powdered formula with optimal levels of over 70 important nutrients to support the whole body. Easy digestion & absorption with high bioavailability in just 1 serving. Loaded with vitamins, minerals, fiber, high RAC nutrients, fruits, vegetables, free radical fighters, anti-aging nutrients. \*

### FORMULA

#### Supplement Facts

**Serving Size: 1 Scoop (39 grams)**

#### Amount Per Serving

Calories 150  
Calories from Fat 30  
Total Fat 3.5 g  
Saturated Fat 0.5 g  
Total Carbohydrates 27 g  
Sugar 6 g  
Fiber 6 g  
Protein 3 g

Vitamin A  
(75% as Beta Carotene, 25% as Vit.A Acetate) 10,000 IU  
Vitamin C (as Ca Ascorbate) 2,000 mg  
Vitamin D3 (as Cholecalciferol) 1,000 IU  
Vitamin E (as d-alpha Tocopheryl Succinate) 200 IU  
Vitamin K2 (as Menaquinone-7) 22.5 mcg  
Thiamin HCl 50 mg  
Riboflavin 25 mg  
Niacin (as Niacinamide) 50 mg  
Vitamin B6 (as Pyridoxyl-5 Phosphate) 50 mg  
Folic Acid 450 mcg  
Vitamin B12 (as Methylcobalamin) 2.5 mg  
Biotin 1,500 mcg  
Pantothenic Acid (as Calcium d-Pantothenate) 400 mg  
Calcium (from Krebs cycle powder) 200 mg  
Iron 2 mg  
Iodine (from kelp) 37.5 mcg  
Magnesium (as A.A.Chelate, Krebs cycle powder) 400 mg  
Zinc (from Krebs cycle powder) 11.45 mg  
Selenium (from Krebs cycle powder) 39.5 mcg  
Copper (as Cu Glycinate, Cu Citrate) 1.09 mg  
Manganese (from Krebs cycle powder) 500 mcg  
Chromium (as Cr Polynicotinate, Cr Citrate) 250 mcg  
Molybdenum (from Krebs cycle powder) 39.5 mcg  
Sodium 54 mg  
Potassium (from Krebs cycle powder) 100 mg  
Boron (as B Amino Acid Chelate) 1.5 mg  
D-Ribose 5,000 mg  
Proprietary blend of red and green fruits and vegetables 5,000 mg  
(beet root, carrot, cranberry, apple, banana, cherry, red raspberry, spinach, cauliflower, blackberry, pineapple, peaches, strawberry, pears, orange, plums, kiwi, broccoli, parsley, kale, papayas, watermelon, cabbage, purple cabbage, radish.)  
Digestion Resistant Maltodextrin  
(Fibersol-2™ brand) 3055.5 mg  
Soy Phosphatidylcholine 2,000 mg  
Milled Flaxseed 1,000 mg  
yielding Omega-3 fatty acids 180 mg,  
Omega-6 fatty acids 50 mg  
Acetyl-L-Carnitine 750 mg  
L-Carnosine 500 mg  
Quercetin 500 mg  
Turmeric (Curcuma longa) Root Extract 421.05 mg  
yielding Curcuminoids 400 mg  
ORAC-15,000™ Grape Extract 335 mg yielding 5,000 ORAC Units  
  
yielding 5,000 ORAC Units  
N-Acetyl-L-Cysteine (NAC) 300 mg  
N,N-Dimethylglycine HCl (DMG) 250 mg  
Inositol 250 mg

Green Tea (Camellia sinensis) Leaf Extract 200 mg  
yielding Epigallo-catechin-3-gallate (EGCG) 20 mg  
Resveratrol (Polygonum cuspidatum) Extract 200 mg  
yielding trans-resveratrol 50 mg  
DIM® (a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d-alpha tocopheryl succinate, soy phosphatidylcholine, silica) 150 mg  
Digestive enzyme proprietary blend (amylase, bromelain, lactase, lipase, protease, cellulase) 150 mg  
Royal Jelly 150 mg  
Stevia Leaf Extract 160 mg  
Grape Seed (Vitis vinifera) Extract 106 mg  
yielding proanthocyanidins 100 mg  
Coenzyme Q10 100 mg  
Calcium D-Glucarate 100 mg  
L-Taurine 100 mg  
Alpha Lipoic Acid 100 mg  
Larch Tree (Larix laricina) Arabinogalactan Powder 101 mg  
Natto NSP-2™ brand Nattokina

Other Ingredients: evaporated cane juice, raspberry fruit powder, cherry fruit powder, pineapple fruit powder, strawberry fruit powder, beet powder (for color), natural cherry flavor, natural strawberry flavor, citric acid, natural raspberry flavor, natural apple flavor, spearmint.

**Contains: Soy.**

### SUGGESTED USE

As a dietary supplement, use as directed below, or as directed by your healthcare practitioner..

**Age 30 and older:** Take 1 scoop daily.

**For ages 19-29:** Take ½ scoop daily.

**For those under 18:** Consult a healthcare practitioner before using.

For best results, blend one scoop in blender with 8-12 oz of cold water, fruit or vegetable juice until desired consistency is achieved. For a tastier drink, add frozen berries, frozen fruit or ice cubes.

### SIDE EFFECTS

No adverse side effects have been reported.

**Warning:** If pregnant or nursing consult your healthcare practitioner before taking this product. This product contains Vitamin K, if you have a blood-clotting disorder or are taking anti-coagulant medications such as Coumadin (Warfarin), do not take this product without consulting your healthcare practitioner.

### DISTRIBUTED BY

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