

Nature's Optimal Nutrition Supplement Facts



Serving Size: 2 tbsp (30 ml/1 Fl Oz) Servings Per Container: 30

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 11 g	4%*
Vitamin A (as 75% mixed carotenoids and 25% beta-carotene) 5000 IU	100%
Vitamin C (as ascorbic acid) 150 mg	250%
Vitamin D (as calciferol) 400 IU	100%
Vitamin E (as natural d-alpha-tocopherol acetate) 30 IU	100%
Vitamin K (as phytonadione) 80 mcg	100%
Thiamine (Vitamin B1) (as thiamin mononitrate) 8 mg	533%
Riboflavin (Vitamin B2) (as phosphate) 4.25 mg	250%
Niacin (as niacinamide) 20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride) 5 mg	250%
Folate (as folic acid) 400 mcg	100%
Vitamin B-12 (as cyanocobalamin) 100 mcg	1667%
Biotin 120mcg	40%
Pantothenic Acid (Vitamin B5) (as d-calcium pantothenate) 10 mg	100%
Calcium (as gluconate, amino acid complex) 28 mg	2.8%
Magnesium (as sulfate, amino acid complex) 6 mg	1.5%
Zinc (as sulfate, amino acid complex) 15 mg	100%
Selenium (as selenite, amino acid complex) 80 mcg	114%
Copper (as sulfate, amino acid complex) 2 mg	100%
Manganese (as sulfate, amino acid complex) 3 mg	150%
Chromium (as chloride, amino acid complex) 50 mcg	41.7%
Potassium (as citrate, amino acid complex) 100 mg	2.8%

Proprietary Lipotropic Factors Blend 103 mg †

Choline bitartrate Inositol Dimethylglycine

Proprietary Plant-Mineral Blend 9000 mcg †**70 ionic plant-derived fulvic minerals from Plant Iceland Moss (*Centraria islandica* Extract 10:1) and alfalfa. Includes:**

Macro Minerals: Magnesium, Sodium, Potassium, Calcium, Silicon, Phosphorus, Iron, Copper, Zinc
Micro Minerals: Selenium, Chromium, Manganese, Cobalt, Molybdenum, Nickel, Vanadium, Gold
Trace Minerals: Boron, Titanium, Rubidium, Antimony, Strontium, Tungsten, Germanium, Scandium, Tellurium, Lanthanum, Yttrium, Silver, Cadmium, Gallium, Bismuth, Cerium, Cesium, Hafnium, Samarium, Terbium, Europium, Gadolinium, Dysprosium, Thorium, Holmium, Lutetium, Thulium, Erbium, Ytterbium, Neodymium, Praseodymium, Niobium, Tantalum, Thallium, Rhenium, Palladium, Platinum
Electrolytes: Chloride, Sulfate, Bromide, Iodide

Proprietary Activated Bioflavonoid Complex 400 mg †

Sago Palm and Calcium Ascorbate with Bioflavonoids from Rosehips, Acerola, and Camu Fruit.

Proprietary Botanical Antioxidant Blend with Grape Seed, Pine Bark and Phenalgin™ 110 mg †Provides polyphenols & proanthocyanadins from Grape Seed, Pine Bark, Grape Skin, Green Tea and Phenalgin™ (phlorotannin extract of Canary Island Cystoseira canariensis marine algae), Alpine Tea (*Rhododendron caucasicum*).**Proprietary Energy Activator Blend with Coenzyme Q-10, Bee Pollen and Royal Jelly 235 mg †**

Bee Pollen, Royal Jelly, Potassium, Magnesium, Sodium & Coenzyme Q-10.

Proprietary Essential Fatty Acid Complex 600 mg †

Glycerine, Soy Lecithin (providing soy phosphatides), Sorbitol Fatty Acid Esters, Flax Oil (source of omega 3 fatty acids), Borage Oil and Evening Primrose Oil (sources of GLA).

Proprietary Super Green Food Complex 200 mg †

Wheat Grass, Barley Grass, Spirulina, Dunallia salina red algae (source of b-Carotene), Pectin Apple Fiber, Sprouted Barley Malt, Brown Rice Bran (source of Bvitamins), Nova Scotia Dulse, Fructooligosaccharides, Chlorella, Oat Grass, Rye Grass, Rhubarb.

Proprietary Amino Acid Matrix from Non-GMO Soy 600 mg †

Glycine, Glutamic Acid, Aspartic Acid, Leucine, Arginine, Lysine, Serine, Phenylalanine, Proline, Isoleucine, Valine, Alanine, Threonine, Tyrosine, Histidine, Methionine, Cystine, Tryptophan.

Exclusive Phytonutrient Fruit and Vegetable Blend 600 mg †

Whole Juice Concentrates: (apricot, mango, apple, tangerine, cranberry, lime, beets, green bell peppers and parsley); Carotenoid Concentrate: (carrot, peach, yellow squash, cantaloupe, red pepper and tomato); Flavonoid Concentrate: (orange, lemon, celery, grapefruit); Phenolic Acid Concentrate (red grape, strawberry, cherry, pear); Cruciferous/Thioallyl Concentrate (broccoli, cabbage, cauliflower, brussels sprouts, mustard greens); Lutein concentrate (spinach, kale, asparagus, alfalfa); Isoflavone Concentrate (soy genistein, daidzein)

Proprietary Herbal Extract Blend with Pau D'Arco and Aloe Vera 175 mg †

Pau D'Arco (*Tabebuia heptaphylla*), Garlic (*Allium sativum*), King Solomon Seed (*Polygonatum multiflorum waltell*), Black Seed (*Nigella sativa*), Eleuthero Root Extract (*Eleutherococcus senticosus*), Yerba Mate Leaf (*Ilex paraguariensis*), Astragalus Root (*Astragalus membranaceus*), Nettle Leaf (*Urtica dioica*), Marigold Flower (*Calendula officinalis*), Echinacea Root (*Echinacea purpurea*), Hawthorne Berry (*Crataegus oxycantha*), Alfalfa Leaf (*Medicago sativa*), Dandelion Root (*Taraxicum officinale*), Clove Bud (*Syzygium aromaticum*), Cayenne Pepper (*Capsicum frutescens*), Saw Palmetto Berries (*Serenoa repens*), Red Clover Blossom (*Trifolium pratense*), Peppermint Leaf (*Mentha piperita*), Pumpkin Seed (*Curcubita pepo*), Cinnamon Bark (*Cinnamomum verum*), Ginger Root (*Zingiber officinale*), Licorice Root (*Glycyrrhiza glabra*), Chicory Root (*Chichorium intybus*), Ginkgo Biloba Leaf (*Ginkgo biloba*), Macca (*Lepidium Meyenii*), Bilberry Fruit (*Myrtilli fructus*), Valerian (*Valeriana Officinalis*), Scullcap (*Scutellaria lateriflora*), Wild Yam (*Dioscorea villosa*) and Aloe Vera Concentrate (200:1).

Proprietary Active Plant Enzyme Concentrate Blend 10 mg †

Papaya, Pineapple, Kiwi Extract, Soy Extract of *Aspergillus* (Amylase, cellulase, esterase, hemicellulase, lactase, lipase and protease).

DIRECTIONS: *Adults (12 and above):* Take 1 ounce (2 tablespoons) per day with water or mix with your favorite beverage. **For Best**

Results: Take 1 additional serving during the day for the first 7 days.

Children (6-11): Take one-half the amount (1/2 ounce or 1 tablespoon).

Refrigeration is unnecessary, unless you prefer it cold.

100% All-Natural and Vegetarian Formula

- NO Sucrose, Dextrose or Glucose • NO Wheat, Corn or Dairy
- NO Artificial Ingredients or Colors