



Vegan Omega-3

Provides DHA & EPA from vegan, sustainably sourced Schizochytrium sp. microalgae

SUPPLEMENT FACTS

Serving Size: 1 Vegan Softgel(s)

	Amount Per Serving	% Daily Value
Algal Oil (Life'sDHA)	500 mg	†
- Docosahexaenoic Acid (DHA)	120 mg	†
- Eicosapentaenoic Acid (EPA)	60 mg	†

Other Ingredients: Vegan Softgel (Modified Food Starch, Glycerin, Carrageenan, Water)(Modified Food Starch, Glycerin, Carrageenan, Water)

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Yeast, Fish/Shellfish, Nuts

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.

Notes: ‡ Colony Forming Units † Daily Value Not Established * Percent Daily values are based on a 2,000 Calorie diet

Trademarks: life'sDHA® is a trademark of DSM

Warnings: Keep out of reach of children



Food-Based Multi w/Iron

Complete formula in an organic food base that includes all the primary nutritional needs, from beta-carotene to amino acid chelated zinc.

SUPPLEMENT FACTS

Serving Size: 1 Tablet(s)

	Amount Per Serving	% Daily Value
Vitamin A (Natural Beta-Carotene)	600 µg	67%
Vitamin C (Ascorbic Acid, Rose Hips)	100 mg	111%
Vitamin D-3 (Cholecalciferol Vitashine™ D3 Lichen)	10 µg	50%
Vitamin E (D-Alpha Tocopherol Succinate)	33.5 mg	223%
Vitamin K (Phytonadione & Menaquinone-7)	40 µg	33%
Vitamin B-1 (Thiamine Mononitrate)	2.5 mg	208%
Riboflavin	2.5 mg	192%
Niacin (Niacinamide)	10 mg	63%
Vitamin B-6 (Pyridoxine)	2.5 mg	147%
Folate (Calcium L-5-Methyltetrahydrofolate [5-MTHF] (Magnafolate®C) 300mcg DFE (176.5mcg Folic Acid)	300 µg	75%
Vitamin B-12 (Methylcobalamin)	7.5 µg	313%
Biotin	150 µg	500%
Pantothenic Acid (D-Calcium Pantothenate)	5 mg	100%
Iron (Ferrous Bisglycinate Chelate Ferrochel®)	7.5 mg	42%
Choline (Choline Bitartrate)	12.5 mg	2%
Iodine Kelp	75 µg	50%
Zinc (Zinc Chelate L-OptiZinc®)	7.5 mg	68%
Selenium (High-Selenium Yeast SelenoExcell®)	35 µg	64%
Copper (Copper Chelate)	.06 mg	7%
Manganese (Manganese Amino Acid Chelate)	1 mg	43%
Chromium (Picolinate)	50 µg	143%
Molybdenum (Molybdenum Chelate)	15 µg	33%
Potassium (Potassium Chelate)	2.5 mg	<1%
Boron Chelate	.5 mg	†
Organic Food Base Organic Quinoa Organic Amla Baobab Organic Moringa Organic Rice Bran Powder	50 mg	†
Inositol	5 mg	†

Other Ingredients: Pea Starch, Cellulose, Silica

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Corn, Peanuts, Tree nuts, Fish/Shellfish

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.

Notes: ‡ Colony Forming Units † Daily Value Not Established * Percent Daily values are based on a 2,000 Calo diet

Trademarks: Ferrochel®, SelenoExcell® brand is a registered trademark of Cypress Systems Inc, L-OptiZinc® ChromeMate® and their logos are trademarks or Lonza or its affiliates, Betatene® is a registered trademark of COGNIS IP MANAGEMENT GMBH., Vitashine™ Is a trademark of The GHT Companies

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B-12
Methylcobalamin

Additionally, Vitamin B-12 plays a role in a range of metabolism functions including DNA synthesis and regulation, fatty acid synthesis, and energy production.

SUPPLEMENT FACTS

Serving Size: 1 Vegan Capsule(s)

	Amount Per Serving	% Daily Value
Vitamin B-12 (Methylcobalamin)	250 µg	10417%

Other Ingredients: Organic Rice Hull Powder, Vegan Capsule (Water Cellulose)

Contains No: Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Wheat, Sugar, Soy, Peanuts, Tree nuts, Fish/Shellfish, Eggs

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.

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**Vegan
Vitamin D3**

This formulation is vegan, plant-based and sourced from sustainably harvested Lichen.

SUPPLEMENT FACTS

Serving Size: 1 Tablet(s)

	Amount Per Serving	% Daily Value
Vitamin D3 (Cholecalciferol) (Lichen)	125 µg	625%

Other Ingredients: Glycerin, Croscarmellose Sodium, Magnesium Stearate, Hypromellose, Cellulose, Stearic Acid, Dicalcium Phosphate

Contains No: Animal Products, Gluten, Salt, Wheat, Sugar, Yeast, Soy, Byproducts or Derivatives

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.

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Trademarks: VitaShine

Warnings: Keep out of reach of children. Always consult your doctor before taking dietary supplements. It is recommended that individuals who take more than 50 mcg (2,000IU) per day of vitamin D have their D levels monitored.