

# Product Catalog



**trace**<sup>®</sup>  
minerals

America's #1 Trace Mineral, Liquid Magnesium,  
& Trace Mineral Performance Nutrition Brand.‡

## Minerals, the Universe, and You

What are minerals anyway? Minerals are nothing more than elements—the very same elements that grace the periodic table inside a high school chemistry text book like chromium, magnesium, iron, zinc, and so on. They are the elements that comprise the entire universe, this earth, and everything on it, including you.

Your body is truly a masterpiece formed from these same elements. As such, it is important to constantly replenish your body with the elements it expends on a daily basis.

Chemical and electrical processes are occurring within your body at every moment. These processes can only function correctly if the proper balance of minerals is continually being supplied to your system. Iron for your blood, sulfur for your muscles, calcium for your bones, and an aggregation of many other elements in balanced trace amounts help to ensure the proper function of your body.



# New Look, Same Trusted Products.



Trace Minerals



## You Voted, We Listened!

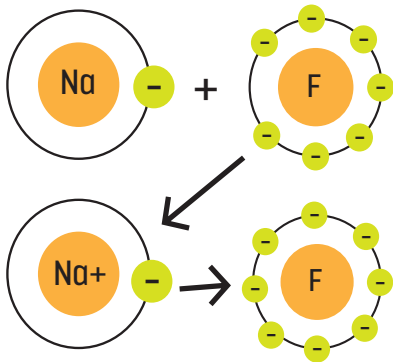
New packaging rebrand is here!



\*Source: SPINScan Natural Channel 52 weeks ending 12/3/17.

## What Are Ions?

An ion is a mineral or element that has a positive or negative charge. On the molecular level, that means the element has either too many or too few electrons. This unstable ionic state allows the element to bond readily with water, making it possible for the body to absorb it. In this state, an element has specific positive or negative electrical signatures that cause a dynamic equilibrium to take place. The body can then facilitate changes to move nutrients to the areas that need them.



**Figure 1:** Electron exchange between Sodium and Fluoride.

## What Are Trace Minerals?

You may collect silver coins, wear a platinum ring, or have a gold filling. You've likely sipped tea poured from a copper kettle, eaten a cookie from a fancy tin container, or traveled on an airplane made of titanium. But did you know that these elements and many others—in very small, balanced trace amounts—are critical to your health? Although trace minerals are no longer as plentiful in the foods you eat, they exist plentifully in their proper proportions in the mineral-rich waters of the earth's oceans and seas.



## The Stripping of Mother Earth

Traditionally, eating fresh grains, fruits, and vegetables grown in nutrient-rich soil has been the primary supply for a full spectrum of ionic minerals.

Unfortunately in today's world, naturally occurring, nutrient-rich soil is becoming increasingly rare. Eons of vegetation growth and aggressive modern farming techniques have brought many of the earth's minerals to the surface where they have been washed away.

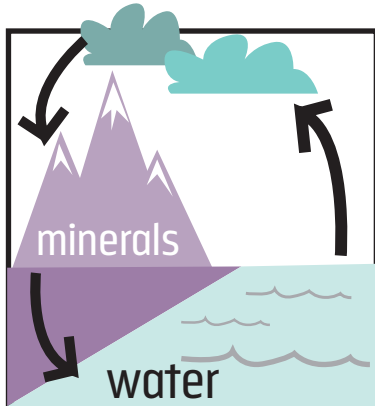
Synthesized fertilizers are routinely applied to farms and fields where minerals have been depleted. But man-made fertilizers provide only enough mineral substance to support basic plant life. Numerous trace minerals essential to human life don't get replenished.

## Where Have All the Minerals Gone?

Many of the trace elements once abundant in soil have been washed into the oceans (see Figure 2). In the oceans they are found in their proper proportions—the same basic proportions that are found in healthy human bodies.

## The Importance of Ionic Minerals

Every second of every day your body relies on ionic minerals and trace minerals to conduct and generate billions of tiny electrical impulses. Without these impulses, not a single muscle, including your heart, would be able to function. Your brain would not function and the cells would not be able to use osmosis to balance your water pressure and absorb nutrients. To ensure you are getting the ionic minerals and electrolytes your body needs, only choose ionic mineral supplements or supplements that contain ionic minerals.



**Figure 2:** Minerals are washed into the seas via rivers and streams.

†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.

In a few surviving inland seas such as the Great Salt Lake of western North America, these essential elements exist in highly concentrated, salubrious proportions. This healthy, intricately balanced proportion of minerals and trace elements found in sea water is beneficial to the human body.

Today, these life-sustaining sea waters contain all of the minerals and elements necessary to support human life. Most importantly, these minerals and elements are ionic and in perfect balance—prime for being absorbed into the cells of your body.

## A Disturbing Trend: Mineral Imbalance

Because your body requires nearly two thirds of all the elements currently known to man in order to maintain health, keeping these minerals in balance is a complex, yet incredibly vital task. The events of everyday living demand a continual ingestion of minerals. There are 92 known elements, 22 hypothesized others, and hundreds of isotopic variations. It's no wonder that scientists are only now beginning to discover the effects and interrelationships of minerals in our human systems, such as how minerals help maintain a healthy balance, and what adverse effects are created by a mineral imbalance.

“Experts estimate 90 percent of Americans suffer from mineral imbalance and deficiency.”



Experts estimate that 90 percent of Americans suffer from mineral imbalance and deficiency. If you are one of them—whether because of frequent exercise, stress, or a diet of overly refined, nutrient-poor foods—your body will attempt to correct the situation in futility, usually resulting in food cravings, muscle cramps, and general fatigue.

## What Can You Do?

You can start by making sure you're getting enough minerals in your diet. Right? Eat organically grown fruits and vegetables, wholegrain breads and fortified cereals. In addition, take a multivitamin or mineral supplement. That's a good start, but even those measures are likely to leave your body wanting for a full spectrum of properly proportioned, readily available ionic minerals and trace minerals.



**“Trace minerals do not exist by themselves but in relationship to one another. Too much of one trace element can lead to imbalances in others... Most trace elements need to be in ionic form to be well absorbed in the intestine.”**

—Alexander G. Schauss, Ph.D.

## The Secret of Life in a Dead Inland Sea

Western North America's Great Salt Lake is the world's oldest inland sea. A remnant of the last great Ice Age, the Great Salt Lake in Utah has been collecting and concentrating the minerals and trace elements of the surrounding Rocky Mountains for tens of thousands of years. The result is nutrient rich waters which contain full spectrum ionic minerals and trace elements that are eight to ten times more concentrated than regular seawater—in precisely the same proportion as healthy human fluids. It is from this source that Trace Minerals Research harvests the elements and trace minerals that go into every product.



## The Key Role of Absorption

The absorption of minerals primarily takes place within the small intestines. As food matter passes through the intestines, minerals transfer into the blood stream through the walls of the intestines by way of the villi (see figure 3). This can only happen if the minerals are in an ionic form. Although stomach acid helps ionize the minerals in foods, a mineral supplement should contain already naturally ionized minerals to be fully absorbed.

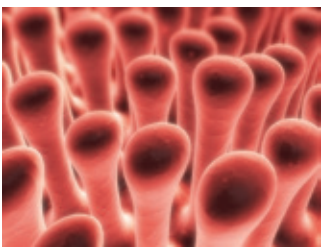


Figure 3: 3D illustration of colon villi.

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## That's Where We Can Help

For over 45 years, Trace Minerals Research has been dedicated to combating the growing problem of mineral deficiency and imbalance in modern society. By harvesting the health-promoting ionic minerals found in the Utah's inland sea and making them available to the general public, we are committed to being the immutable source for the minerals necessary to maintain proper health.

Today, Trace Minerals Research offers over 100 different health promoting products that contain ConcenTrace®, the premier ionic mineral mixture produced from the waters of the Great Salt Lake. Over the years, thousands of people who lacked essential trace elements in their diets have felt a difference in their health and well-being when replenishing these vital nutrients. Perhaps it's time you did, too.

## Feel the Difference Trace Minerals Can Make Today

For more information regarding our products, please visit [www.traceminerals.com](http://www.traceminerals.com). To locate a retailer in your neighborhood who carries Trace Minerals Research products, call us at 801-731-6051.



# Quality · Science · Research · Value

For over 45 years, Trace Minerals Research has been providing the natural products industry with the highest quality nutritional supplements backed by science and research. Our company was founded on the principle that nutritional supplements should get results. We believe that if you don't feel an improvement in your health or if you're not completely satisfied after taking any of our products, you shouldn't have to pay for it. This principle is still the foundation of the TMR philosophy. Each product is backed by our "Feel the Difference or Your Money Back!" quality guarantee, one of the best guarantees in the industry.



## feel the difference.

For almost 20 years, TMR has seen double-digit growth every year and we have added more than 80 products to our product line, including several cutting-edge supplements with varying delivery systems. Because of our current research and commitment to producing the highest quality products on the market, we plan to continue our unparalleled growth into the future. We are committed to developing innovative products our customers want that are of the highest quality and value, backed by solid science and research.







## Quality

Since 2004, Trace Minerals Research has been cGMP (Good Manufacturing Practices) Certified by the Natural Products Association™. A copy of our cGMP certificate can be found on our website at [www.traceminerals.com](http://www.traceminerals.com). Being cGMP shows our customers, retailers, and international buyers that we are committed to producing safe and quality products because each product is tested by a third-party laboratory to ensure its safety and quality.

## Science and Research

Each product has been formulated and developed on solid scientific research. Our advisory board of professionals, including Dr. Chris D. Meletis, N.D. and Dr. Alexander Schauss, Ph.D., ensure that our products are formulated to be safe and effective for maximum health and wellness.

## Value

We believe in providing our customers quality products at a fair price. But value also means that the product works and promotes health and wellness to truly make you feel better. That's why we back up every product we sell with a 100% satisfaction guarantee.

## Welcome!

We invite and welcome any and all persons who would like to take a friendly tour of our GMP certified facilities to simply call us at 801-731-6051 and schedule an appointment. If you're not able to visit us in person, take a virtual tour of our facilities by visiting our website at [www.traceminerals.com](http://www.traceminerals.com).



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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.



# Immunity Gummies

The tasty way to support your immune system†

- Energy†
- Cell integrity†
- Antioxidants†
- Zinc - 10mg
- Vitamin C - 125mg
- Vitamin D - 6mcg
- Acerola - 30mg





# NEW ARRIVALS



## TM ANCESTRAL Beef Liver

(180 Capsules - BLC01)

When you hear the word “superfood,” do you normally think of organ meats? If you don’t, you should. Organ meats were the superfoods of our primal ancestors who hunted and gathered their food and ate without waste. They ate everything the animal had to offer (“nose-to-tail” eating), which provided them essential nutrients, including vitamins A, B, D, E, & K, and minerals like heme iron (highly bioavailable, only found in red meat), magnesium, selenium, and zinc.

Organ meats were the modern-day multivitamin. Plus, they possess properties termed as “like-supports-like,” which means the nutrients in the organs benefit those same organs in your body. TMANCESTRAL Beef Liver helps put back into your diet what Mother Nature intended, much of which our modern diet has slowly taken out.



### Supplement Facts

Serving Size 6 Capsules  
Servings Per Container 30

Amount Per Serving	%DV
Grassfed Liver (Bovine)	3000mg* *

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 6 capsules daily or as directed by your healthcare practitioner.

## TM ANCESTRAL Beef Organs

(180 Capsules - BOC01)

When you hear the word “superfood,” do you normally think of organ meats? If you don’t, you should. Organ meats were the superfoods of our primal ancestors who hunted and gathered their food and ate without waste. They ate everything the animal had to offer (“nose-to-tail” eating), which provided them essential nutrients, including vitamins A, B, D, E, & K, and minerals like heme iron (highly bioavailable, only found in red meat), magnesium, selenium, and zinc.

Organ meats were the modern-day multivitamin. Plus, they possess properties termed as “like-supports-like,” which means the nutrients in the organs benefit those same organs in your body. TMANCESTRAL Beef Organs help put back into your diet what Mother Nature intended, much of which our modern diet has slowly taken out.



### Supplement Facts

Serving Size 6 Capsules | Servings Per Container 30

Amount Per Serving	%DV
Grassfed Liver (Bovine)	600mg* *
Grassfed Heart (Bovine)	600mg* *

Grassfed Kidney (Bovine)	600mg* *
Grassfed Pancreas (Bovine)	600mg* *
Grassfed Spleen (Bovine)	600mg* *

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 6 capsules daily or as directed by your healthcare practitioner.

## Blood Pressure Support Magnesium Powder

(30 Servings - BPS01)

Blood Pressure Support Magnesium Powder is a delicious drink mix that provides 250 milligrams of heart-healthy magnesium and 90 milligrams of potassium that helps support blood pressure that’s already in a healthy range, cardiovascular health, and circulatory health. It also includes Trace Minerals’ signature Ionic Trace Minerals complex that contains a full spectrum of ionic trace minerals for mineral balance.

### Supplement Facts

Serving Size 1 scoop (5 g)  
Servings Per Container 30

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	2g 1%*
Total Sugars	2g **
Includes 2g Added Sugars	4%
Magnesium (from Mg Citrate, ITM)	250mg 60%
Potassium (as Potassium Bicarbonate)	90mg 2%

Ionic Trace Mineral (ITM) Complex 50mg \*\*  
A concentrated complex of full spectrum ionic trace minerals.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**Other ingredients:** Natural flavors blend (orange juice powder, orange flavor, mango flavor), organic cane sugar, citric acid, steviol glycosides, beta carotene (as color).

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 scoop (5 g) with 4-8 oz of water daily for best results. If this is your first time taking a magnesium supplement, we recommend taking half of the serving size in the morning and the other half in the afternoon or evening.



## Electrolyte Stamina Gummies Lemon lime & Watermelon Flavors

(90 Gummies - ELGM01/ELGM02)

Electrolyte Stamina Gummies are a delicious and easy way to provide your body with more electrolytes. When you sweat during exercise or strenuous physical activity, your body is depleted of electrolytes. Replenish your body with electrolytes to maintain energy, avoid sluggishness, and prevent dehydration.†



### Supplement Facts

Serving Size 3 Gummies | Servings Per Container 30

Amount Per Serving		%DV
Calories	30	
Total Carbohydrate	7g	3%*
Dietary Fiber	3g	11%*
Total Sugars	3g	**
Includes 3g Added Sugars		6%*
Calcium (from Tri-Calcium Phosphate)	10mg	1%
Chloride (from Potassium Chloride, Sodium Chloride)	115mg	5%
Sodium (from Sodium Citrate, Sodium Chloride)	23mg	1%
Potassium (as Potassium Chloride)	100mg	2%
Coconut Water	300mg	**
Ionic Trace Minerals (ITM) Complex	15mg	**
A concentrated complex of full spectrum ionic trace minerals.		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other ingredients:** Tapioca syrup, organic cane sugar, water, isomalt, pectin, citric acid, natural flavors blend (watermelon, cucumber, strawberry), monk fruit extract, MCT coconut oil.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults and children age 4 and older chew 1-3 gummies daily to support efficient hydration especially before, during, and after exercise. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.

## Electrolyte Stamina Power Pak + Immunity

(30 Packets - ESPP34)

Electrolyte Stamina Power Pak + Immunity is our classic ESPP formula that's bursting with essential immune supporting antioxidants, including 1,200mg of Vitamin C, manganese, and selenium, and is now equipped with Gapecturil, additional Zinc, and Vitamin D for even more immunity support.† It also features other vitamins, minerals, and electrolytes for daily energy and hydration.†

### Supplement Facts

Serving Size 1 packet (5.3g)

Servings per container 30

Amount per serving		%DV
Calories	15	
Total Carbohydrate	4g	1%*
Total Sugars	1g	**
Includes 1g Added Sugars		2%*
Vitamin C (as Ascorbic Acid)	1200mg	1333%
Vitamin D3 (as Cholecalciferol)	12mcg	60%
Thiamin [Vitamin B1] (as Thiamin HCL)	0.45mg	38%
Niacin (Vitamin B3)	5mg	31%
Vitamin B6 (as Pyridoxine HCL)	10mg	588%
Folate (as 20mcg of Folic Acid)	33mcg DFE	8%
Vitamin B12 (as Cyanocobalamin)	25mcg	1042%
Pantothenic Acid (as d-Calcium Pantothenate)	3mg	60%
Calcium (as Calcium Lactate)	60mg	5%
Magnesium (as Magnesium Oxide, ITM)	100mg	24%
Zinc (as Zinc Oxide)	10mg	91%
Selenium (as Sodium Selenite)	35mcg	64%
Manganese (as Manganese Citrate)	1mg	43%
Amount per serving		%DV
Chromium (as Chromium Amino Acid Chelate)	10mcg	29%
Chloride (from ITM)	15mg	1%
Sodium (as Sodium Bicarbonate)	75mg	3%
Potassium (from Potassium Citrate, ITM)	200mg	4%
Black Elderberry Extract	200g	**
Ionic Trace Minerals (ITM)	100mg	**
Alpha Lipoic Acid	1mg	**
Boron (from Boron Amino Acid Chelate, ITM)	175mcg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, certified organic cane sugar, natural avors blend (grapefruit, orange, raspberry), steviol glycosides, gum arabic (Acacia senegal), malic acid, silica, beet (Beta vulgaris) root (color).

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

Also contains over 72 naturally-occurring ionic trace minerals as found in seawater.

**Suggested Use:** Take 1 packet daily. Open packet, mix contents with 2-3 oz. of water & dilute to your taste preference. Additional packets may be taken depending on physical activity. Some caking may occur, but does not affect the quality of the product.



## Quercetin + Zinc Powder

(30 Servings - QUR01)

Quercetin + Zinc Powder is a tasty way to provide your body with this important pair of nutrients that synergistically help support the immune system. Vitamin C and a full spectrum of ionic trace minerals have also been added to the mix to support cell integrity, immunity, and body mineral balance.†

### Supplement Facts

Serving Size 1 Scoop (4 g)  
Servings Per Container 30

Amount Per Serving		% DV
Calories	10	
Total Carbohydrate	2g	1%*
Total Sugar	2g	**
Includes 2g Added Sugar		4%*
Vitamin C (from Ascorbic Acid)	500mg	556%
Zinc (from Zinc Sulfate)	25mg	227%

Quercetin	500mg	**
Ionic Trace Minerals (ITM) Complex	50mg	**
A concentrated complex of full spectrum ionic trace minerals.		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
**Daily Value not established.		

**Other ingredients:** Organic cane sugar, natural flavors blend (orange juice powder, orange, vanilla), citric acid, steviol glycosides, malic acid.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 scoop (4 g) with 4-8 oz of water two times daily for optimum results. Take 1 serving daily for immune system maintenance.



## Hydration I.V. Electrolyte Drink Paks

(16 Packets - TIV02)

Hydration I.V., a great-tasting, Strawberry Coconut flavored electrolyte drink mix that has been carefully formulated with 20 times the hydrating power of an average 16-ounce bottle of spring water because of its full spectrum of electrolytes, which helps hydrate the body faster. In addition, when compared to a sports drink, Hydration I.V. has 3 times the electrolytes, one-third the sugar and carbs, half the calories, and five essential vitamins for energy and recovery.



### Supplement Facts

Serving Size 1 packet (16 g)  
Servings Per Container 16

Amount Per Serving		%DV
Calories	30	
Total Carbohydrate	8g	3%*
Total Sugars	6g	**
Includes 6g Added Sugars		12%*
Vitamin C (as Ascorbic Acid)	99mg	110%
Niacin (as Niacinamide)	18mg	113%
Vitamin B6 (as Pyridoxine HCl)	1.9mg	112%

Vitamin B12 (as Cyanocobalamin)	2.65mcg	110%
Pantothenic Acid (as Calcium D-Pantothenate)	5.5mg	110%
Sodium (from Sodium Chloride, Sodium Citrate, ITM)	500mg	22%
Potassium (from Potassium Citrate)	370mg	8%
Ionic Trace Mineral & Electrolyte Complex	100mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

**Other Ingredients:** Non-GMO dextrose, natural avors blend (strawberry, coconut), steviol glycosides, non-GMO citric acid, guar gum, silicon dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE. CERTIFIED VEGAN**

**Suggested Use:** Adults and children age 4 and older, chew 1 wafer daily. **KEEP OUT OF REACH OF CHILDREN.**

## Magnesium Gummies - Peach

(120 Gummies - MAGGM03)

Magnesium Gummies are a delicious way to provide your body with magnesium, one of the most important minerals in the body. Research has shown that up to 80% of Americans are deficient in magnesium! During times of elevated stress or strenuous physical activity, you may want to replenish your body with additional magnesium.†

### Supplement Facts

Serving Size 1 Gummy  
Servings Per Container 120

Amount Per Serving	1 Gummy	%DV
Calories	10	
Total Carbohydrate	3g	1%*
Total Sugars	1.5g	**
Added Sugars	1.5g	3%*
Magnesium (as Magnesium Carbonate)	84mg	20%

Amount Per Serving	4 Gummies	%DV
Calories	45	
Total Carbohydrate	12g	4%*
Total Sugars	6g	**
Added Sugars	6g	12%*
Magnesium (as Magnesium Carbonate)	336mg	80%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Organic cane sugar, organic tapioca syrup, inulin, vegetable glycerin, agar, citric acid, natural watermelon flavor, organic black carrot (Daucus carota) (color).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Children ages 4 to 12, chew 1 gummy per day. For ages 13 and older, chew 1 gummy up to 4 times daily alone or at mealtime. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.





### Chlorophyll Gummies (60 Gummies - CLGM01)

Chlorophyll Gummies are a delicious way to provide the therapeutic properties of chlorophyll to the whole family. They help support healthy cells, detoxification, weight management, digestion, and immunity.<sup>†</sup>

## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

Amount Per Serving		%DV
Calories	20	
Total Carbohydrate	5g	2%*
Total Sugars	3g	**
Includes 3g Added Sugars		6%*
Sodium (as Sodium Citrate)	10mg	<1%
Chlorophyll (Sodium Copper Chlorophyllin)*	50mg	*

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Organic cane sugar, organic tapioca syrup, water, pectin, citric acid, natural blueberry flavor, carnauba wax.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults and children age 4 and over, take 2 gummies daily alone or at mealtime. Children under age 4: Consult your healthcare professional.

### Liquid Zinc + Quercetin (32 Servings - LZQ01)

Liquid Zinc + Quercetin has been formulated with these two powerful nutrients to provide an easy and delicious way to add them to your daily diet.

## Supplement Facts

Serving Size 1 tsp (15 mL)  
Servings Per Container 32

Amount Per Serving%	DV
Calories	15
Total Carbohydrate	3g 1%*
Glycerol	3g **
Zinc (from Zinc Sulfate)	25mg 227%
Quercetin	200mg **
Ionic Trace Minerals (ITM) Complex A concentrated complex of full spectrum ionic trace minerals.	50mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Purified water, vegetable glycerin, natural flavors blend (orange, mango), citric acid, steviol glycosides, xanthan gum, potassium benzoate & potassium sorbate (for freshness).

**CERTIFIED VEGAN. NON-GMO.  
NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 1 tsp daily with food or at mealtime. Mix with water, your favorite beverage, or take straight.  
**REFRIGERATE AFTER OPENING.**



### Liquid Gut Health (32oz - GUT02) (8oz - GUT01)

Liquid Gut Health provides soil-derived fulvic & humic minerals that help nourish and balance the gut microbiota and fortify it from environmental toxins.<sup>†</sup>

## Supplement Facts

Serving Size 1 tsp (5 mL)  
Servings per container 189

Amount Per Serving	%DV
Ionic Fulvic Mineral Complex (from ancient humus soil)	267mg*

\*Daily Value (DV) not established.

**Other ingredients:** Purified water, potassium sorbate (for freshness).

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL BEFORE USE. Adults and children ≥ age 4: take 1 tsp (5 mL) three times daily. Children age 1-3: take ¼ tsp (1.2 mL) three times daily. Most effective when taken straight or in purified water (dechlorinated) and on an empty stomach. We recommend an introductory period for adults and children with gut sensitivity. Start with 1/8 tsp (0.6 mL) daily, slowly working up to the recommended serving size.

**KEEP OUT OF REACH OF CHILDREN. DO NOT REFRIGERATE.**





## NAC Powder

(30 Servings - NAC01)

Cysteine is a semi-essential amino acid. Cysteine is found in most high-protein foods, such as chicken, turkey, yogurt, cheese, eggs, sunflower seeds and legumes. N-acetyl L-Cysteine (NAC) is a supplement form of cysteine. NAC is an immediate precursor to a very precious substance that our body makes called glutathione.



### Supplement Facts

Serving Size 1 scoop (2.5 g)  
Servings per container 30

Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate .....	1g <1%*
N-Acetyl L-Cysteine .....	600mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Xylitol, natural watermelon flavor, steviol glycosides & natural flavor, fruit juice (for color), silicon dioxide, guar gum, acacia gum.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 scoop (2.5 g) with 4-8 oz of water daily.

**WARNING: For adults only. Consult physician if pregnant or nursing, taking medication, (especially nitroglycerin), or have a medical condition. KEEP OUT OF REACH OF CHILDREN.**



## Ionic D3+K2

(296 Servings - IOVD01)

Ionic D3 + K2 pairs two essential nutrients that each function more effectively in the presence of the other. When combined, the two highly bioavailable ingredients help support strong and healthy bones, heart health, and immunity.<sup>†</sup>

### Supplement Facts

Serving Size 0.2 mL (0.04 tsp; 4 drops)  
Servings Per Container About 296

Amount Per Serving	%DV
Vitamin D (as Cholecalciferol) .....	125 mcg (5000 IU) .....62.5%
Vitamin K (from Menaquinone MK-7) .....	100mcg .....83%

\*Daily Value not established.

**Other Ingredients:** Coconut (MCT) oil, mixed tocopherols.

**CONTAINS TREE NUTS (COCONUT).**

**NO: DAIRY, GLUTEN, SUGAR.**

**Suggested Use: SHAKE WELL.** Using the metered dropper, take 0.2 mL (4 drops) one to three times daily or as recommended by your physician. May be added to food; mix in cold or hot beverages, but only after the heating process. Do not refrigerate.

**WARNING: DO NOT USE if you are taking anticoagulants like Warfarin (Coumadin®). Consult a physician before taking this product if you are pregnant, nursing, taking medication, or have a medical condition.**

## Apple Cider Vinegar Pak

(30 Packets - ACV01)

ACV Pak has been developed to add the benefits of ACV to the diet, but in a convenient, on-the-go packet that's also easy on the taste buds. Each single-serving packet provides 1,000 milligrams of unfiltered apple cider vinegar with the mother that has a delicious natural orange flavor.



### Supplement Facts

Serving Size 1 Packet (5 g)  
Servings per container 50

Amount Per Serving	%DV
Calories .....	10
Total Carbohydrate .....	2g
Dietary Fiber .....	2g 7%*
Sodium .....	5mg <1%
Organic Apple Cider Vinegar .....	1000mg **
Ionic Trace Mineral (ITM) .....	50mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Xylitol, soluble tapioca ber, non-GMO citric acid, natural orange flavor, malic acid, steviol glycosides & natural flavor.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 1 packet daily. Open packet, mix contents with 2-3 oz. of water & dilute to your taste preference. Some caking may occur, but does not affect the quality of the product.





# ConcenTrace® Trace Minerals



## CLINICALLY TESTED!

ConcenTrace® Trace Mineral Drops has been clinically tested in a double-blind placebo study to help support bone, joint, and ligament health.†

- Liquid, Tablets, Gummies • Ionic • GRAS Affirmed • Gluten Free • Kosher & Halal • Low Sodium • Food Grade • Solar Evaporated



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P.O. Box 429 • Roy, Utah 84067 • USA • (801) 731-6051 • [www.TraceMinerals.com](http://www.TraceMinerals.com)

\*Source: SPINScan Natural Channel 52 weeks ending 12/3/17.  
r-M1Y19

†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.

# ConcenTrace® Trace Mineral Drops

## USES AND APPLICATIONS

1. **Bone, Joint & Health** - Taken as directed, many people have experienced dramatic results in improving and strengthening bones, joints and teeth, and eliminating unwanted calcium deposits.†
2. **Magnesium Supplement** - One of the highest quality, least expensive, most assimilable magnesium supplements on the market.†
3. **Re-Mineralize Distilled Water** - 1/4-1/2 teaspoon per gallon for fresh spring water taste.
4. **Electrolyte Replacement** - Increased energy, vitality, and improved health by replacing and balancing soluble minerals in the body fluids.† Soluble minerals are the electrolytes which conduct the body's electrical energies.
5. **Hair and Skin** - Use internally to nourish from within, externally as a rub. (Very concentrated. Must be diluted. Keep out of eyes or areas of broken skin unless highly diluted.)†
6. **Helps Normalize Bowel Functions** - Cleansing.†
7. **Calcium Assimilation** - Reports show that calcium assimilates much better when taken with magnesium. ConcenTrace® is high in magnesium.†
8. **Circulatory Health** - Minerals play important roles in decalcification, antioxidant and cleansing functions in the body. The heart requires magnesium with every beat. Potassium is used to contract the heart muscle.†
9. **Vitamin Enhancement** - Complete nutrition is more power nutrition. Vitamins without minerals DO NOT work. Trace minerals help assimilate vitamins.†
10. **Gardens and Plants** - A study done by Rutgers University and other studies done by the USDA noted the severe mineral imbalance and depletion in American soil. For years many avid gardeners have used ConcenTrace® on their gardens as well as in the flower beds. It is also very beneficial to house plants when diluted with water. See the difference in your plants.
11. **Pets** - Ever noticed your pet eating grass or dirt? More than likely your pet is lacking essential minerals. For years, pet owners have added ConcenTrace® to their pet's food and water.
12. **Athletic performance** - There are many examples of improved athletic performance including improved cardiovascular performance to improved blood serum nutrients.†
13. **Body Building** - A study of a number of international body builders using ConcenTrace® reported excellent results.†
14. **Add to Carbonated Beverages** - A recent study has shown that a few drops per glass balances soda pop to greatly reduce the potentially harmful effects of carbonation.
15. **Cooking** - Studies show mineral depletion in our soils. We frankly are not getting the minerals in the foods we eat. ConcenTrace® re-mineralizes these foods and adds flavor.†

### Compare and See Why Ours Are Better Than The Rest!

- Water soluble - easy to assimilate - electrolyte form - more energy.
- Concentrated - easy to use - low cost.
- Body fluid balanced - low sodium.
- No fillers, nothing added - use with confidence.



### Available in these sizes

- 2 oz. - 3 week supply
- 4 oz. - 6 week supply
- 8 oz. - 3 month supply

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



# GUMMIES

Easy, Delicious, & Effective



## Ashwagandha Gummies

(60 Gummies - ASHGM01)

Ashwagandha Gummies are a delicious way to supplement your diet with this century-old adaptogenic herb. According to research, Ashwagandha helps support the body's response to the many stresses of life as well as supporting strength and endurance.† It has also been shown to support a calm mood, memory, stress, sleep, and immunity.†

### Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

Amount Per Serving		%DV
Calories	25	
Total Carbohydrate	6g	2%*
Total Sugars	5g	**
Includes 5g Added Sugars		10%*
Vitamin D3 (as Cholecalciferol)	25mcg (1000 IU)	**
Sodium	15mg	1%
Ashwagandha ( <i>Withania somnifera</i> ) Root Extract	300mg	**

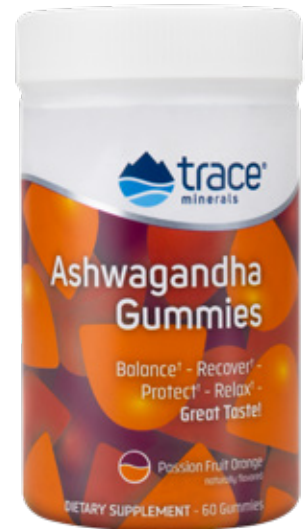
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Organic sugar, organic tapioca syrup, pectin, citric acid, natural flavors (passion fruit oil, orange, natural flavor), turmeric (*Curcuma longa*) and orange paprika (color), sodium citrate.

**CERTIFIED VEGETARIAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Chew 2 gummies up to 3 times daily alone or at mealtime and with plenty of fluids. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product. **KEEP OUT OF REACH OF CHILDREN.**



## Zinc Gummies - Elderberry Flavor

(60 Gummies - ZGM01)

When zinc deficiency was discovered in the 1960s, researchers found how essential this trace mineral is for health! Zinc may support immunity, digestion, skin and eye health.†

### Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

Amount Per Serving		%DV
Calories	20	
Total Carbohydrate	5g	2%*
Total Sugars	4g	**
Includes 4g Added Sugars		8%*
Zinc (as Zinc Citrate)	30mg	273%
Sodium (as Sodium Citrate)	10mg	<1%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Organic sugar, organic tapioca syrup, pectin, citric acid, natural flavor (Elderberry), black carrot (*Daucus carota*) (color).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Chew 2 gummies daily alone or at mealtime. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.



## Apple Cider Vinegar Gummies - Strawberry Melon Flavor

(60 Gummies - ACV01)

Apple cider vinegar has been used for centuries because of its many health benefits, including healthy bacteria for gut health, weight management, healthy blood sugar levels, and heart health.† Apple Cider Vinegar Gummies are a delicious way to provide your whole family with this healthy nutrient.†

### Supplement Facts

Serving Size 1 Gummy  
Servings per container 60

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	3g	1%*
Total Sugars	2g	**
Includes 2g Added Sugars		278%
Sodium	5mg	<1%
Organic Apple Cider Vinegar	500mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Cane sugar, organic tapioca syrup, pectin, natural flavors blend (strawberry, watermelon), wax, citric acid, sodium citrate, organic black carrot (*Daucus carota*) (color).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Suggested Use: Chew 1 gummy up to 3 times daily alone or at mealtime and with plenty of fluids. If this is your first time taking apple cider vinegar, start with 1 gummy daily to assess tolerance. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.

**KEEP OUT OF REACH OF CHILDREN.**





## Immunity Gummies - Cherry Flavor

(60 Gummies - IMMGM01)

Keeping your immune system healthy is one of the most important aspects of wellbeing. Your body's immune system is constantly protecting itself from foreign invaders that set out to wreak havoc on your health. Help support your immune system's response to these invaders with Immunity Gummies.† They're a delicious way to provide immune system-supporting zinc, vitamin C, vitamin D, and acerola cherry to your diet to help keep your immune system's engine firing on all cylinders.†

### Supplement Facts

Serving Size 2 Gummy  
Servings per container 30

Amount Per Serving	%DV
Calories .....	25
Total Carbohydrate .....	6g .....29%*
Total Sugars.....	5g .....**
Includes 5g Added Sugars .....	10%*
Vitamin C (from Ascorbic Acid, Acerola Extract).....	250mg .....278%
Vitamin D (as Cholecalciferol).....	6mcg .....30%
Zinc (as Zinc Citrate) .....	10mg .....91%
Sodium .....	5mg .....<1%
Organic Apple Cider Vinegar.....	500mg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Cane sugar, organic tapioca syrup, pectin, citric acid, sodium citrate, organic black carrot (*Daucus carota*) (color), natural cherry flavor, tartaric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** For best results, chew 2 gummies daily with food or at mealtime to ensure the nutrients sit well on the stomach during digestion. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.



## Magnesium Gummies - Tangerine & Watermelon Flavors

(120 Gummies - MAGGM01, MAGGM02)

Magnesium Gummies are a delicious way to provide your body with magnesium, one of the most important minerals in the body. Research has shown that up to 80% of Americans are deficient in magnesium! During times of elevated stress or strenuous physical activity, you may want to replenish your body with additional magnesium.†

### Supplement Facts

Serving Size 1 Gummy  
Servings Per Container 120

Amount Per Serving	1 Gummy	%DV
Calories .....	10	
Total Carbohydrate .....	3g .....1%*	
Total Sugars .....	1.5g .....**	
Added Sugars .....	1.5g .....3%*	
Magnesium (as Magnesium Carbonate).....	84mg .....20%	

Amount Per Serving	4 Gummies	%DV
Calories .....	45	
Total Carbohydrate .....	12g .....4%*	
Total Sugars .....	6g .....**	
Added Sugars .....	6g .....12%*	
Magnesium (as Magnesium Carbonate).....	336mg .....80%	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**WATERMELON Other Ingredients:** Organic cane sugar, organic tapioca syrup, inulin, vegetable glycerin, agar, citric acid, natural watermelon flavor, organic black carrot (*Daucus carota*) (color).

**TANGERINE Other Ingredients:** Organic cane sugar, organic tapioca syrup, inulin, vegetable glycerin, agar, citric acid, natural tangerine flavor, paprika (color).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Children ages 4 to 12, chew 1 gummy per day. For ages 13 and older, chew 1 gummy up to 4 times daily alone or at mealtime. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.

**For best results:** Spread serving size into multiple servings throughout the day. Taking too much magnesium at once may cause an undesired laxative effect. If this occurs, simply reduce number of gummies per serving.

## ConcenTrace® Gummies

(90 Gummies TMDGM01)

Provides a delicious way to give your body a complex of full spectrum ionic trace minerals from concentrated seawater. Why do you need ConcenTrace®? Ideally, minerals should come from eating a raw food diet. However, even eating a raw food diet isn't enough since researchers have proven that soils have been depleted of all the minerals we need for our body to function at its best.‡ Taking ConcenTrace® every day provides the same kind of bioavailable trace minerals that are found in foods!‡



### Supplement Facts

Serving Size 3 Gummies  
Servings per container 30

Amount Per Serving	% DV
Calories .....	40
Total Carbohydrate .....	9g .....3%*
Total Sugars .....	6g .....**
Includes 6g Added Sugars.....	12%
Protein .....	1g .....2%
Magnesium (from ConcenTrace®).....	28mg .....7%
Chloride (from ConcenTrace®).....	120mg .....5%
ConcenTrace® Trace Mineral Complex .....	300mg .....**

A complex of concentrated, full spectrum ionic trace minerals.

Sulfate (from ConcenTrace®).....7mg .....\*\*

Lithium (from ConcenTrace®).....0.2mg .....\*\*

Boron (from ConcenTrace®).....0.2mg .....\*\*

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Organic rice syrup, organic cane sugar, water, gelatin, natural pineapple flavor, citric acid, lactic acid, pumpkin extract [*Cucurbita L.*] (color).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 3 gummies daily with food or at mealtime. Store in a cool, dry place, away from direct sunlight. Gummies may stick together in warmer climates, but this does not affect the potency, quality, or efficacy of the product.



# Apple Cider Vinegar Gummies

Apple cider vinegar has been used for centuries because of its many health benefits, including healthy bacteria for gut health, weight management, healthy blood sugar levels, and heart health.† Apple Cider Vinegar Gummies are a delicious way to provide your whole family with this healthy nutrient.†



\*Source: SPINScan Natural Channel 52 weeks ending 7/12/20.



# MINERALS





## ConcenTrace® Trace Mineral Capsules

(90ct or 270ct - TMC01-02)

Provide a concentrated complex of full-spectrum, body-balanced ionic trace minerals from ConcenTrace®. They are designed to replace trace minerals commonly found deficient in today's diet.† ConcenTrace® is a trade name for concentrated sea minerals from Utah's inland sea.

### Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 90

Amount Per Serving	% DV
Magnesium .....	150mg.....36%
Chloride .....	400mg.....17%
Sodium .....	5mg.....<1%
Potassium .....	5mg.....<1%
Low-Sodium ConcenTrace® .....	1050mg.....**
A concentrated complex of full spectrum ionic trace minerals from Utah's inland sea.	
Boron .....	1mg.....**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Carnauba wax, vegan capsule (hydroxypropyl methylcellulose).  
**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** For regular use, take 1-3 capsules daily. Products high in magnesium may cause a laxative effect. If this occurs, reduce the number of capsules per serving.



## Magnesium Chewable - Raspberry Lemon Flavor

(120 Chewable Wafers - MAGCHEW01)

Magnesium is the fourth most abundant mineral in the body and participates in over 300 biochemical reactions.† Magnesium also plays a key role in nerve conduction, muscle contraction, bone and tooth formation, metabolism, energy production, and heart and circulatory health.† However, research has concluded that 68% of Americans don't consume the Recommended Daily Intake (RDI) of magnesium. Magnesium Chewable is a great tasting dietary supplement to help you maintain healthy levels of magnesium in your body.†

### Supplement Facts

Serving Size 4 Wafers  
Servings per container 30

Amount Per Serving	%DV
Calories .....	20
Total Carbohydrate .....	4g.....<1%*
Sugar Alcohols .....	4g.....**
Iron .....	0.25.....1%
Magnesium (as Mg Citrate, Mg Glycinate, ITM) .....	84mg.....20%
Ionic Trace Minerals (ITM) .....	50mg.....**
A concentrated complex of full-spectrum ionic trace minerals.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Xylitol, sorbitol, natural flavor blend (natural flavor, mixed berry, lemon juice, citrus), microcrystalline cellulose, stearic acid, hypromellose, citric acid, magnesium stearate, Exberry™ (color), steviol glycosides, silicone dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults and children age 4 and older, chew 1 wafer up to 5 times daily. Products high in magnesium may cause a laxative effect. If this occurs, reduce the number of wafers in a 24 hour period. **KEEP OUT OF REACH OF CHILDREN.**



## Zinc + Vitamin C Chewable - Raspberry Flavor

(60 Chewable Wafers - ZIN01)

Zinc is a necessary trace element that helps support a healthy immune system, participates in over 100 enzyme reactions, and supports healthy growth and development. Vitamin C is an essential vitamin that helps support the immune system and has strong antioxidant properties.† We've married these two important nutrients together to create our Zinc + Vitamin C Chewable, a great-tasting dietary supplement to help you maintain healthy levels of zinc and vitamin C in your body.†

### Supplement Facts

Serving Size 1 Wafers (2g, 0.07 oz)  
Servings per container 60

Amount Per Serving	%DV
Calories .....	10
Total Carbohydrate .....	2g.....1%*
Xylitol.....	1g.....**
Vitamin C (as Ascorbic Acid) .....	250mg.....278%
Zinc (as Zinc Gluconate, Zinc Citrate) .....	40mg.....364%
Ionic Trace Mineral (ITM) Complex.....	12.5mg.....**
A concentrated complex of full-spectrum ionic trace minerals.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Xylitol, Non GMO corn starch, red beet juice pvd (color), natural raspberry flavor, magnesium stearate, steviol glycosides.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults and children age 4 and older, chew 1 wafer daily. **KEEP OUT OF REACH OF CHILDREN.**





## Mag Pak

(15 Packets - MAGPK01)

Mag Pak is a great-tasting, naturally-flavored magnesium supplement that is formulated with a special blend of magnesium malate, magnesium carbonate, and citric acid that once added to water, creates magnesium citrate, one of the most absorbable forms of magnesium.† We also added a full spectrum electrolyte complex for a magnesium supplement that is unmatched in the industry. The best thing about Mag Pak is the to-go packets can be thrown in any purse, pocket, backpack, gym bag, or lunch box for any on-the-go adventure!

## Supplement Facts

Serving Size 1 packet (4.8 g)  
Servings Per Container 15

Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate .....	4g ..... 1%*
Total Sugars .....	1g ..... **
Includes 1g Added Sugars .....	..... 2%*
Magnesium (from Magnesium Malate, Magnesium Carbonate, ITM) .....	350mg ..... 83%
Ionic Trace Mineral Complex .....	100mg ..... **
A complex of full-spectrum ionic trace minerals.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, organic cane sugar, natural flavors blend (raspberry, lemon), malic acid, silica, beet (Beta vulgaris) root powder (color), Reb A (stevia leaf extract).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Open packet and mix contents with 4 - 12 ounces of water. Stir until dissolved. For an even greater calming effect, mix with hot water and sip slowly.



## Utah Sea Minerals

(16 oz.-USM01 & 1gal.-USM03 sizes)

Utah Sea Minerals is a natural, balanced salt seasoning and nutritional supplement that contains all of the naturally occurring minerals and trace minerals your body needs. Also can be used on or in any food instead of refined table salt—great for spraying on popcorn. For cooking, use 3-4 times the amount of Inland Sea Water to the amount of table salt called for in any recipe. It's an excellent nutritional seasoning. Using ¼ teaspoon per serving, 128 ounces provides 3072 servings. Not to be used by people on sodium restricted diets.

## Supplement Facts

Serving Size 2 teaspoons  
Servings Per Container 48

Amount Per Serving	%DV
Magnesium .....	10 ..... 21%
Chloride .....	1580mg ..... 69%
Sodium .....	800mg ..... 35%
Potassium .....	50mg ..... 1%
Sulfate .....	200mg ..... **
Boron .....	250mcg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Seawater from Utah's inland sea, USA.

Contains no other added ingredients. **Approved for use as an organic food additive and processing additive.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 2 teaspoons daily in a glass of juice or water to mask the concentrated mineral flavor. Can be taken in divided doses throughout the day or all at once. No refrigeration necessary.



## Sea Minerals with Silver

(32 oz.-SMS01)

is a proprietary blend of sea vegetables including Pau d' arco, Kelp, Spirulina, Irish Moss, Bladderwrack and more. It is blended with mineral combinations of ConcenTrace®, Colloidal Silver and Special Sea Mineral complex, combined with Natural Aloe Vera as well as Cranberry and Blueberry juices. In our special Sea Vegetable Blend you will find many different micro-ingredients including Co-Q10, Vitamins A, B, C, D, E, and K, and several Amino Acids and Enzymes, which have been found to have excellent antioxidant properties as well as helping with digestion.†

## Supplement Facts

Serving Size 2 tbsp (30mL; 1 capful = 2 tbsp)  
Servings Per Container 32

Amount Per Serving	%DV
Calories .....	10
Total Carbohydrate .....	3g ..... 1%*
Total Sugars .....	3g ..... **
Includes 3g Added Sugars .....	..... 6%*
Vitamin C (as Ascorbic Acid) .....	25mg ..... 28%
Thiamin (as Thiamin HCL) [Vitamin B1] .....	0.8mg ..... 67%
Vitamin B6 (as Pyridoxine) .....	1mg ..... 59%
Vitamin B12 (as Cyanocobalamin) .....	3mcg ..... 125%
Magnesium (from ITM) .....	15mg ..... 4%
Chloride (from ITM) .....	50mg ..... 2%
Potassium (as Potassium Citrate) .....	50mg ..... 1%

Cranberry Concentrate .....	1500mg ..... **
Blueberry Concentrate .....	1100mg ..... **
Ionic Trace Mineral (ITM) Complex .....	300mg ..... **
Herb & Sea Vegetable Proprietary Blend .....	60mg ..... **
Bladderwrack, Spirulina, Irish Moss, Kelp, Pau d' Arco.	
Aloe Vera Blend .....	2mg ..... **
Boron (from ITM) .....	125mcg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, citric acid, natural flavors blend, potassium benzoate & potassium sorbate (for freshness), steviol glycosides, colloidal silver.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 2 tbsp (1 capful) daily with food. Rinse cap after each use. **REFRIGERATE AFTER OPENING.**

## Liquid Ionic Plant Minerals

(17 oz-LAMP01)

Ionic Plant Minerals is a great tasting dietary supplement formulated with organic, hydrophilic, prehistoric plant-derived trace minerals from humic shale that we've infused with concentrated ionic trace minerals.† This unique, comprehensive blend of trace mineral complexes provides naturally-occurring fulvic acid and a complete, full-spectrum of body-balancing, naturally-occurring trace minerals.† Contains over 350mg more minerals than the competition! Nothing artificial and NON-GMO!

Supplement Facts	
Serving Size 3 Gummies Servings per container 30	
Amount Per Serving	% DV
Magnesium (from ITM) .....	15mg ..... 4%
Plant-Derived Mineral Complex .....	4550mg ..... **
From prehistoric humic shale.	
Ionic Trace Minerals Complex (ITM) .....	200mg ..... **
**Daily Value not established.	

**Other Ingredients:** Distilled and ozonated water. Contains no additives, coloring or stabilizers.  
**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults take 1 tsp orally 3 times daily for one week, then ½ tsp 3 times daily until desired results are attained. Children age 2-12 take ¼ tsp orally 3 times daily for one week, then ¼ tsp 3 times daily until desired results are attained. Do not exceed the recommended daily serving without consulting your health care provider.

**Always keep in dark container out of sunlight. Do not freeze.**



## Colloidal Silver

(4 oz. Spray-CLSSP01; 8, 16 oz.-CLS0X)

Colloidal Silver is a dietary supplement with over 30 ppm per serving of 99.999% pure colloidal silver to support and maintain a healthy immune system.† We use proprietary technology to process this high quality colloidal silver for maximum effectiveness.†

Supplement Facts	
Serving Size 3 Gummies Servings per container 30	
Amount Per Serving	% DV
Silver .....	30ppm ..... **
**Daily Value not established.	

**Other Ingredients:** Distilled and ozonated water. Contains no additives, coloring or stabilizers.  
**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults take 1 tsp orally 3 times daily for one week, then ½ tsp 3 times daily until desired results are attained. Children age 2-12 take ¼ tsp orally 3 times daily for one week, then ¼ tsp 3 times daily until desired results are attained. Do not exceed the recommended daily serving without consulting your health care provider.

**Always keep in dark container out of sunlight. Do not freeze.**



## ConcenTrace® Trace Mineral Drops

(½-, 2-, 4-, 4-oz Glass, 8-oz. & 1 gal. sizes-TMD0x)

ConcenTrace® Trace Mineral Drops is America's #1 selling trace mineral supplement and is the most powerful, all-natural, pH-balancing trace minerals in the world! It's a natural trace mineral concentrate harvested from the waters of the Great Salt Lake in Utah, USA and contains a full spectrum of over 72 naturally occurring ionic trace minerals. For regular or sodium restricted diets.

Supplement Facts	
Serving Size ½ tsp. (about 40 drops) Servings per container 96	
Amount Per Serving	%DV age 1-3    % DV
Magnesium .....	250mg ..... 313% ..... 60%
Chloride .....	650mg ..... 43% ..... 28%
Sodium .....	5mg ..... <1% ..... 1%
Potassium .....	3mg ..... 1% ..... 1%
Sulfate .....	40mg ..... ** ..... **
Lithium .....	1.5mg ..... ** ..... **
Boron .....	1mg ..... ** ..... **
** Daily Value (DV) not established.	

**Other Ingredients:** Concentrated seawater from Utah's inland sea, USA. Approved for use as an organic food additive and processing additive.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** This product is all natural, highly concentrated, contains no added preservatives, flavors, or sweeteners and has a very strong taste. We recommend mixing it with juice or food and dividing the serving throughout the day to mask the concentrated mineral flavor. Begin regimen by taking 10 drops for 3 consecutive days. Each day thereafter, increase serving by 10 drops up to ½ teaspoon (40 drops) once or twice daily. **Children age 1-3:** Take 1 drop for every 5 lbs of body weight. **Re-mineralize Water:** Improve the flavor of distilled, reverse osmosis or purified water. Adding 20-40 drops per gallon or to taste (2-4 drops per glass) compares to expensive mineral water. Minor crystallization may occur, but this does not affect the quality of the product.





**Magnesium Effervescent Tablets Orange Flavor**  
*(8 tube display, 10 tabs/tube-MAGEFF01)*

Do you know that recent studies estimate that almost 70% of Americans are not getting the recommended daily intake of magnesium? Some experts estimate the percentage is closer to 80% vMagnesium Effervescent Tablets help you get your daily intake of magnesium so you can stop being a statistic and start living a healthier life.† They're great for on the go—all you need is water! Most importantly, they taste great so they're perfect for the whole family. Magnesium is the fourth most abundant mineral in the body and is a cofactor in over 300 biochemical reactions in the body including energy, heart health, and mood.†

**Supplement Facts**

Serving Size 1 tablet (4 g)  
 Servings per container 10

Amount Per Serving	% DV
Calories .....	10
Total Carbohydrate.....	3g .....1%*
Calcium (Tri-Calcium Phosphate) .....	10mg .....1%
Magnesium (as Magnesium Citrate) .....	150mg.....36%
Sodium (Sodium Bicarbonate) .....	175mg .....8%
Steviol Glycosides (from Stevia Leaf).....	36mg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 \*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, xylitol, inulin, Non-GMO corn starch, natural orange flavor, natural colors [beet (*Beta vulgaris*) root juice powder, lutein].  
**NO KNOWN ALLERGENS. GLUTEN FREE.**  
**Suggested Use:** Open tube, drop 1 tablet in 4-6 oz. of water until dissolved. Add water and dilute to your taste preference, if desired.



**Magnesium Effervescent Tablets Raspberry Flavor**  
*(8 tube display, 10 tabs/tube - MAGEFF04)*

Magnesium Effervescent Tablets help you get your daily intake of magnesium so you can stop being a statistic and start living a healthier life.† They're great for on the go—all you need is water! Most importantly, they taste great so they're perfect for the whole family. Magnesium is the fourth most abundant mineral in the body and is a cofactor in over 300 biochemical reactions in the body including energy, heart health, and mood.†

**Supplement Facts**

Serving Size 1 Tablet (4g)  
 Servings Per Container 10

Amount Per Serving	%DV
Calories .....	10
Total Carbohydrate.....	3g .....1%*
Calcium (Tri-Calcium Phosphate) .....	10mg .....1%
Magnesium (as Magnesium Carbonate).....	150mg.....36%
Sodium (Sodium Bicarbonate) .....	175mg .....8%
Steviol Glycosides.....	34mg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 \*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, xylitol, inulin, colors [beet (*Beta vulgaris*) root juice powder, lutein], Non-GMO corn starch, natural raspberry flavor.  
**NO KNOWN ALLERGENS. GLUTEN FREE.**  
**Suggested Use:** Take 1 tablet twice daily with food or at mealtime. Open tube, drop tablet in 4-6 oz. of water & dilute to your taste preference.

## Colloidal Minerals unflavored

(32 oz.-CMUF01)

Colloidal Minerals is formulated with bioavailable, plant-derived colloidal minerals. These water-soluble minerals are collected from prehistoric plant deposits found in Utah. Each serving of Colloidal Minerals helps replenish the body with trace amounts of a full spectrum of naturally-occurring macro- and trace minerals so it can function properly.† These colloidal minerals were formed thousands of years ago when they were absorbed into the plants and vegetation of that era that helped to nourish the life that was able to thrive on this planet.

### Supplement Facts

Serving Size 2 tbsp (30mL; 1 capful = 2 tbsp)

Servings Per Container About 32

Amount Per Serving		%DV
Iron (from CMC)	0.25mg	**
Potassium (from CMC)	10mg	**
Liquid Colloidal Minerals Complex (CMC)	30mL	**

\*\*Daily Value not established.

**Other Ingredients:** Purified water, fulvic acid, citric acid, potassium sorbate and potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Caution:** Consult a physician before use, especially if pregnant/nursing, taking medication, or if you have a medical condition.



## ConcenTrace® Trace Mineral Tablets

(90 tab-TMT01 & 300 tab-TMT02)

ConcenTrace® Trace Mineral Tablets are the most powerful, all-natural, pH-balancing trace minerals in the world! It's an all natural trace mineral concentrate harvested from the waters of the Great Salt Lake in Utah, USA and contains a full spectrum of ionic trace minerals synergized with alfalfa and kelp. For regular or sodium restricted diets.

### Supplement Facts

Serving Size 3 Gummies

Servings per container 30

Amount Per Serving		% DV
Total Carbohydrate	1g	<1%*
Calcium (as Calcium Carbonate)	70mg	5%
Iron (as Iron Glycinate)	3mg	17%
Magnesium (from ConcenTrace®, Mg Oxide)	265g	63%
Chloride (from ConcenTrace®, KCl)	625mg	27%
Sodium (as Sodium Citrate, ConcenTrace®)	25mg	1%
Potassium (from Potassium Chloride)	40mg	1%

Low-Sodium ConcenTrace®	1.8g	**
A concentrated complex of full spectrum ionic trace minerals from Utah's inland sea.		
Kelp ( <i>Laminaria digitata</i> )	150mg	**
Alfalfa ( <i>Medicago sativa</i> ) Leaf Powder	50mg	**
Boron (as Boron Citrate, ConcenTrace®)	2.5mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, magnesium stearate, hypromellose, croscarmellose sodium, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** For regular use, take 1-3 tablets daily. Products high in magnesium may cause a laxative effect. If this occurs, reduce the number of tablets per serving.



## Magnesium Tablets

(60 tabs-MAG01)

is a carefully formulated blend of complementary sources of magnesium that help maintain healthy levels of magnesium in your body for optimum health and wellness.† We also added Ionic Trace Minerals for healthy body mineral balance.†

### Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving		%DV
Calories	10mg	
Total Carbohydrate	2g	1%*
Magnesium (from Mag. Chloride from ITM, Mag. Citrate, Mag. Glycinate, Mag. Taurinate)	300mg	71%
Chloride (from ITM)	150mg	7%
Ionic Trace Minerals (ITM)	1g	**
A concentrated complex of full spectrum ionic trace minerals.		

\*Daily Value not established.

\*\*Daily Value not established.

**Other Ingredients:** Hypromellose, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 2 tablets daily at mealtime for best results.





### Colloidal Minerals unflavored

(32 oz.-CMUF01)

Colloidal Minerals is formulated with bioavailable, plant-derived colloidal minerals. These water-soluble minerals are collected from prehistoric plant deposits found in Utah. Each serving of Colloidal Minerals helps replenish the body with trace amounts of a full spectrum of naturally-occurring macro- and trace minerals so it can function properly.† These colloidal minerals were formed thousands of years ago when they were absorbed into the plants and vegetation of that era that helped to nourish the life that was able to thrive on this planet.

## Supplement Facts

Serving Size 2 tbsp (30mL; 1 capful = 2 tbsp)

Servings Per Container About 32

Amount Per Serving		%DV
Iron (from CMC)	0.25mg	**
Potassium (from CMC)	10mg	**
Liquid Colloidal Minerals Complex (CMC)	30mL	**

\*\*Daily Value not established.

**Other Ingredients:** Purified water, fulvic acid, citric acid, potassium sorbate and potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Caution:** Consult a physician before use, especially if pregnant/nursing, taking medication, or if you have a medical condition.



### ConcenTrace® Trace Mineral Tablets

(90 tab-TMT01 & 300 tab-TMT02)

ConcenTrace® Trace Mineral Tablets are the most powerful, all-natural, pH-balancing trace minerals in the world! It's an all natural trace mineral concentrate harvested from the waters of the Great Salt Lake in Utah, USA and contains a full spectrum of ionic trace minerals synergized with alfalfa and kelp. For regular or sodium restricted diets.

## Supplement Facts

Serving Size 3 Gummies

Servings per container 30

Amount Per Serving		% DV
Total Carbohydrate	1g	<1%*
Calcium (as Calcium Carbonate)	70mg	5%
Iron (as Iron Glycinate)	3mg	17%
Magnesium (from ConcenTrace®, Mg Oxide)	265g	63%
Chloride (from ConcenTrace®, KCl)	625mg	27%
Sodium (as Sodium Citrate, ConcenTrace®)	25mg	1%
Potassium (from Potassium Chloride)	40mg	1%
Low-Sodium ConcenTrace®	1.8g	**
A concentrated complex of full spectrum ionic trace minerals from Utah's inland sea.		
Kelp ( <i>Laminaria digitata</i> )	150mg	**
Alfalfa ( <i>Medicago sativa</i> ) Leaf Powder	50mg	**
Boron (as Boron Citrate, ConcenTrace®)	2.5mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, magnesium stearate, hypromellose, croscarmellose sodium, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** For regular use, take 1-3 tablets daily. Products high in magnesium may cause a laxative effect. If this occurs, reduce the number of tablets per serving.



### Magnesium Tablets

(60 tabs-MAG01)

is a carefully formulated blend of complementary sources of magnesium that help maintain healthy levels of magnesium in your body for optimum health and wellness.† We also added Ionic Trace Minerals for healthy body mineral balance.†

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving		%DV
Calories	10mg	
Total Carbohydrate	2g	1%*
Magnesium (from Mag. Chloride from ITM, Mag. Citrate, Mag. Glycinate, Mag. Taurinate)	300mg	71%
Chloride (from ITM)	150mg	7%
Ionic Trace Minerals (ITM)	1g	**
A concentrated complex of full spectrum ionic trace minerals.		

\*Daily Value not established.

\*\*Daily Value not established.

**Other Ingredients:** Hypromellose, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 2 tablets daily at mealtime for best results.

## Liquid Magnesium

(16 oz.-LQM01)

Liquid Magnesium is a great tasting dietary supplement containing a special blend of magnesium citrate and magnesium chloride from ConcenTrace® to help maintain healthy levels of magnesium in the body.† It has an all natural tangerine flavor that tastes great.

### Supplement Facts

Serving Size 1 tbsp (15 mL)  
Servings per container 32

Amount Per Serving	% DV
Calories .....	15
Total Carbohydrate .....	3g ..... 1%*
Total Sugars .....	7g ..... **
Includes 3g Added Sugars.....	6%
Magnesium (from Citrate, ITM).....	300mg ..... 71%
Chloride (from ITM).....	35mg ..... 2%
Ionic Trace Minerals (ITM) Complex .....	100mg ..... **
A complex of concentrated ionic trace minerals from seawater.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, xylitol, natural tangerine flavor, citric acid, steviol glycosides, xanthan gum, potassium sorbate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 1 tbsp daily to top off or fully supplement your diet. Reduce serving to ½ tbsp if this is your first time taking Liquid Magnesium. Mix with water, your favorite beverage or take straight. Excess magnesium may cause a laxative effect. **REFRIGERATE AFTER OPENING.**



## Mega-Mag

(4 oz.-LMM01)

Mega-Mag liquid magnesium with ionic ConcenTrace® is designed to work quickly as a maximum absorption formula. Magnesium is essential for over 400 different enzyme reactions in your body. Plus, magnesium ions play a critical roll in nerve conduction, muscle contraction, bone and tooth formation, protein metabolism, especially for heart and circulatory health.†

### Supplement Facts

Serving size 4mL (4 full droppers; 0.8 tsp)  
Servings per container About 30

Amount Per Serving	% DV
Magnesium .....	400 ..... 95%
Chloride .....	1100mg ..... 48%
Sodium .....	5mg ..... <1%
Potassium .....	5mg ..... <1%
Sulfate.....	70mg ..... **
Boron .....	1.5mg ..... **

\*\*Daily Value not established.

**Other Ingredients:** Concentrated seawater from Utah's inland sea, USA.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** 1 - 4mL (1 - 4 full droppers) daily with juice or food to mask the highly concentrated mineral flavor. We recommend starting with 1mL and increasing as needed, ideally spread throughout the day. We also recommend taking Mega-Mag with a large glass of fluid. Taking too much magnesium at once may cause a laxative effect. If this occurs, simply reduce amount per serving.



## Flavored ConcenTrace®

(30 oz.-ITO71)

IONIC TONIC is a naturally flavored ionic trace mineral concentrate made with ConcenTrace® that helps to maintain optimum energy, vitality, and overall health.† Sourced from the naturally balanced waters of Utah's inland sea, ConcenTrace® is a concentrated complex of naturally occurring, full spectrum minerals that are in the same mineral form as those found in raw, living foods.† No other product offers the breadth and depth of charged minerals and trace minerals like IONIC TONIC.† Excellent for use as an electrolyte replacement product.

### Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Calories .....	35
Total Carbohydrate .....	9g ..... 3%*
Total Sugars .....	9g ..... **
Includes 9g Added Sugars.....	18%*
Vitamin C (as Ascorbic Acid).....	60mg ..... 67%
Magnesium (from ConcenTrace®, Magnesium Citrate).....	150mg ..... 36%
Chloride (from Potassium Chloride, ConcenTrace®).....	450mg ..... 20%
Sodium .....	5mg ..... <1%
Potassium (from Potassium Chloride, ITM).....	125mg ..... 3%
Ionic Trace Minerals.....	1.2g ..... **
A concentrated complex of full spectrum ionic trace minerals.	
Boron (from ITM) .....	4mg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, white grape juice concentrate, organic agave nectar, lemon juice concentrate, natural lemon-lime flavor, potassium sorbate, potassium benzoate, steviol glycosides.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 1 capful (2 tbsp.) daily in a glass of juice or water or take straight followed by juice or water. For smaller or larger individuals, adjust serving size accordingly. If you are not accustomed to using a concentrated mineral supplement, start with half the suggested serving size per day and increase gradually over a period of at least 7 days. Always drink plenty of fluids when taking this product. Rinse capful after use. **REFRIGERATE AFTER OPENING.**





# TMskincare





## Hand Sanitizer - Cucumber Melon Scented

(8oz & 16oz sizes - HSCC01/02)

Our Hand Sanitizer is a great way to reduce harmful bacteria on the skin that can cause disease. It is Cucumber Melon scented and also contains Colloidal Silver and Ionic Trace Minerals which, can help support healthier skin. Just like our other TMSkincare products, our Hand Sanitizer is made with clean and natural ingredients to help keep your family clean, safe, and healthy. You can rest assured that our Hand Sanitizer is made with the same quality standards you've grow to expect from Trace Minerals for almost 50 years.

<b>Drug Facts</b>	
<b>Active Ingredient</b>	<b>Purpose</b>
Ethyl Alcohol 70% v/v .....	Antiseptic
<b>Uses</b> • Hand sanitizer to help reduce bacteria on the skin that could cause disease. • Recommended for repeated use.	
<b>Warnings</b>	
<b>Flammable. Keep away from fire or flame.</b>	
<b>When using this product</b> • do not use in or near the eyes. In case of contact, rinse eyes thoroughly with water. • Do not use on open wounds.	
<b>Stop use and ask doctor if irritation, redness, or rash appears and lasts.</b>	
<b>Keep out of reach of children. Do not use on children less than age 2 months.</b> If swallowed, get medical help or contact a Poison Control Center immediately.	

## Drug Facts (continued)

**Directions** • Place enough product in your palm to thoroughly cover your hands and rub hands together until dry. • Children under 6 years of age should be supervised when using this product.

**Other Information** • Store below 110°F (43°C)  
• May discolor certain fabrics or surfaces

**Inactive Ingredients** Water, glycerin, hydroxypropyl cellulose, cetyl lactate, natural fragrance, ionic trace minerals, colloidal silver.



## Bentonite Clay

(16oz - BEN01)

Since 2500 B.C., medicinal and beautifying clays have been used by many cultures for their many benefits to the skin, including the Egyptians, Germans, Romans, Greeks, and ancient tribes from Australia, and South, Central, and North America. Discover the ancient healing benefits for yourself today!

**Ingredients:** 100% Bentonite Clay

**Directions For Use:** 1) Mix 3 parts water or raw apple cider vinegar with one part clay. 2) Stir thoroughly into smooth paste. 3) Apply thin layer to face (about 1/8" thick). 4) Allow mask to dry for 20-30 minutes. Reduce time for sensitive skin. 5) Rinse off with lukewarm water. 6) Use once or twice weekly to keep skin beautiful and refreshed. Suitable for all skin types. Slight redness is normal and will disappear 30 minutes after removal. Use up to twice weekly for problem skin. Discontinue use if irritation occurs. 16 oz of clay makes 10-15 facials. FOR EXTERNAL USE ONLY.

**Countless Uses:** Deep Cleansing Mask • Skin Blemishes/Acne • Detox Bath • Body Wrap • Skin Poultice for Insect Bites/Stings/Irritations • Homemade Clay Soap • Foot Soak • Knee Packs

**Countless Benefits:** Shrinks Pores • Healthy Glow • Tightens and Tones • Sloughs-Off Dead Cells • Draws Out & Removes Impurities as it Dries • Reduces Oily Skin • Heals, Cleanses, Conditions, and Soothes

## Pure Magnesium Flakes

(44oz - MAGF01)

Magnesium Flakes are great for those looking for a relaxing and therapeutic body soak. Simply add 1-3 cups of Magnesium flakes to a warm bath or foot bath and soak for a minimum of 30 minutes, allowing the magnesium to absorb into the skin. Magnesium Flakes contain 90 grams of magnesium per cup.

**Ingredients:** 100% Magnesium Chloride Flakes. 1 cup contains approximately 90g of magnesium chloride.

**Directions:** For the most effective results, dissolve 1-3 cups into a warm bath or foot bath and soak for a minimum of 30 minutes. The temperature of the water should be warm (101° F to 105° F) rather than hot for best absorption into the skin. After the bath, rinse skin with cool running water. Dab skin dry with a towel and apply a natural moisturizer. FOR EXTERNAL USE ONLY.

**Safe & Gentle:** Highly concentrated magnesium crystals are safe for children and other sensitive individuals.

**Concentrated:** One cup contains 90g magnesium chloride, plus other naturally-occurring trace elements.

**High Quality Soak:** Add 1 to 3 cups for stress relief, relaxation, and rejuvenation of the mind and body. Great for foot soaks.

**How It Works:** Warm water helps open pores so the magnesium can be more easily absorbed into the skin for a soothing and relaxing experience. It's highly therapeutic for many skin conditions, including dry, flaky, and irritated skin.





### Pure Magnesium Oil (4, 8oz sizes - MOIL01/02)

Magnesium is one of the most important minerals for human health. It's the fourth most abundant mineral in the body and participates in over 300 biochemical reactions! Transdermal absorption of magnesium is a proven way to get more magnesium to help support healthy levels in the body. Pure Magnesium Oil provides magnesium chloride, one of the best forms of topical magnesium because it is purity, potency, and rapid absorption rate into skin.

**Ingredients:** Concentrated Magnesium Chloride from seawater.  
**Directions:** Apply 10 sprays onto clean skin and massage well until absorbed. Initial sting should subside with absorption. If desired, rinse well after 20-30 minutes and apply moisturizer. It is normal for some individuals to feel a light tingling sensation on the skin. However, if skin irritation persists, discontinue use immediately.  
**Caution:** Use only as directed. For external use only. Do not apply on freshly shaven skin, open wounds, broken skin, and sensitive areas. Avoid contact with eyes and mucous membranes. Keep out of reach of children. Stop use if irritation occurs.  
**Attention:** As the product dries on your skin, you may notice a mineral residue resembling salt. This is normal. Simply wipe off residue with a damp wash cloth or rinse off in the shower.  
**DOES NOT CONTAIN:** Parabens, Dyes, Fragrance, or Synthetics.

### Zechstein Magnesium Oil (4, 8oz sizes - ZOIL01/02)

The ancient Zechstein Sea in Northern Europe was a concentrated, pristine inland salt water sea that existed over 250 million years ago. Over time, the Zechstein Sea was slowly transformed into an underground mineral deposit 2,000 meters below the earth's surface. It was created by a combination of flooding by sea waters and slow evaporation. Today, the perfectly preserved Zechstein salt beds are a clean and pure source of magnesium chloride, just like the Great Salt Lake in Utah, USA. Both of these ancient lakes contain a high concentration of magnesium chloride—a natural salt of magnesium—that is great for topical use because it can be more easily absorbed into the skin than other forms of magnesium.



**Ingredients:** Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein Seabed in the Netherlands.  
**Directions:** Spray onto clean skin and massage well until absorbed. Initial sting should subside with absorption. If desired, rinse well after 20-30 minutes and apply moisturizer. We recommend using 5-20 sprays, 3-5 days per week, depending on your needs.  
**Caution:** Use only as directed. For external use only. Do not apply on freshly shaven skin, open wounds, broken skin, and sensitive areas. Avoid contact with eyes and mucous membranes. Keep out of reach of children. Stop use if irritation occurs.  
**Attention:** As the product dries on your skin, you may notice a mineral residue resembling salt. This is normal. Simply wipe off residue with a damp wash cloth or rinse off in the shower.  
**DOES NOT CONTAIN:** Parabens, Dyes, Fragrance, or Synthetics.

### Magnesium Gel (8 oz - MGEL01)

Magnesium Gel provides magnesium chloride, one of the best forms of topical magnesium because it is purity, potency, and rapid absorption rate into skin. Just massage in the non-greasy lotion for a great way to feel more relaxed after a stressful day or a tough workout.



**Ingredients:** Water, Glycerin, Magnesium Chloride, Xanthan Gum, Phenoxyethanol, Ethylhexylglycerin, Phytic Acid. Magnesium Potency: 10%.  
**Directions:** Apply generously and massage into the skin, morning and night or as needed. Repeat as necessary, covering any areas needing special attention. As the gel begins to dry, you may notice a white residue resembling salt beginning to form. This is normal. Simply wash off or wipe clean with a damp cloth.  
**Caution:** Use only as directed. For external use only. Keep out of reach of children.  
 If irritation, redness, or discomfort occurs, discontinue use and consult a licensed healthcare practitioner.  
**Skin Benefits:** In studies involving the uses and benefits of transdermal magnesium, magnesium has been shown to break apart different fats and oils, which help aid in reducing skin oiliness. It can also help to reduce stress-related skin irregularities and blemishes to enhance the look, feel and glow of skin. Try Magnesium Gel today!

### Magnesium Lotion (8 oz - MLOT01)

Magnesium Lotion provides magnesium chloride, one of the best forms of topical magnesium because it is purity, potency, and rapid absorption rate into skin. Just massage in the non-greasy lotion for a great way to feel more relaxed after a stressful day or a tough workout.

**Ingredients:** Water (Aqua), Safflower Oil, Magnesium Chloride, Cetyl Alcohol, Glyceryl Stearate Citrate, Glycerin, Stearic Acid, Cellulose Gum, Microcrystalline Cellulose, Xanthan Gum, Allantoin, Panthenol, Aloe Barbadensis Leaf Extract, Glyceryl Stearate, Glyceryl Stearate SE, Tocopherol (Vitamin E) Acetate, Green Tea (Camellia sinensis), Chamomille (Matricaria chamomilla) flower extract, Phenoxyethanol, Ethylhexylglycerin, Potassium Sorbate. Magnesium Potency: 5%.  
**Directions:** Apply to skin, morning and night or as needed. Repeat as necessary, covering any areas needing special attention.  
**Caution:** Use only as directed. For external use only. Keep out of reach of children. If irritation, redness, or discomfort occurs, discontinue use and consult a licensed healthcare practitioner.  
**Skin Benefits:** In studies involving the uses and benefits of transdermal magnesium, magnesium has been shown to break apart different fats and oils, which help aid in reducing skin oiliness. It can also help to reduce stress-related skin irregularities and blemishes to enhance the look, feel and glow of skin. Try Magnesium Lotion today!





## TMskincare



Magnesium is not only one of the most important minerals for the body, it's also important for the skin. We don't use just any magnesium, however. We use magnesium chloride from America's #1 liquid magnesium, one of the purest natural magnesium sources on earth.<sup>§</sup> Magnesium chloride is one of the best forms of topical magnesium because of its purity, potency, and rapid absorption rate into skin for maximum hydration. Our **TMskincare** line is formulated to help hydrate, soothe, beautify, and improve the look, feel, and glow of your skin so you look your most youthful self.





# TMSPORT



## Hydration I.V. Electrolyte Drink Paks (16 Packets - TIV01)

Hydration I.V., a great-tasting, raspberry lemonade flavored electrolyte drink mix that has been carefully formulated with 20 times the hydrating power of an average 16-ounce bottle of spring water because of its full spectrum of electrolytes, which helps hydrate the body faster. Plus, when compared to a sports drink, Hydration I.V. has 3 times the electrolytes, 1/3 the sugar and carbs, 1/2 the calories, and five essential vitamins for energy and recovery. Plus, it's gluten free, certified vegan, Non-GMO and contains no harmful dyes or other junk are found in sports drinks.



Supplement Facts	
Serving Size 1 Packet (16 g) Servings per container 16	
Amount Per Serving	% DV
Calories .....	50
Total Carbohydrate .....	12g .....4%*
Total Sugars.....	11g .....**
Vitamin C (as Ascorbic Acid) .....	99mg .....110%
Niacin (as Niacinamide) .....	18mg .....110%
Vitamin B6 (as Pyridoxine HCl) .....	1.9mg .....110%
Vitamin B12 (as Cyanocobalamin).....	2.65mcg .....110%
Pantothenic Acid (as Calcium D-Pantothenate).....	5.5mg .....110%
Phosphorus (as Dipotassium Phosphate) .....	50mg .....4%

Amount Per Serving	% DV
Sodium (from Sodium Chloride, Sodium Citrate, ITM) .....	500mg .....22%
Potassium (from Potassium Citrate, Dipotassium Phosphate) .....	370mg .....8%
Ionic Trace Minerals (ITM).....	100mg .....**
A full spectrum of concentrated ionic trace minerals.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.	

**Other Ingredients:** Pure cane sugar, Non-GMO dextrose, Non-GMO citric acid, natural flavors, steviol glycosides, rice bran extract, silicon dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Adults and children age 4 and older, chew 1 wafer daily. **KEEP OUT OF REACH OF CHILDREN.**

## TMSPORT CLEAN Protein Bar (12 bar box-FSPBG01)

TMRFIT™ SERIES CLEAN Protein Bar is the clean protein bar you've been searching for. It's cold-processed, provides 20g of clean protein, 10g of Net Carbs, 9g of Fiber, has NO sugar alcohols, NO preservatives, NO refined sugars, and it's Non-GMO Project Verified. Plus, it tastes great and provides you the healthy fats you need to achieve your goals. Can your protein bar say that?



Nutrition Facts	
12 Servings Per Container Serving size 1 Bar (58g)	
<b>Amount Per Serving</b>	<b>260</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> .....	14g ..... <b>18%</b>
Saturated Fat .....	2g ..... <b>10%</b>
Trans Fat.....	0g
<b>Cholesterol</b> .....	5mg ..... <b>2%</b>
<b>Sodium</b> .....	110mg ..... <b>5%</b>
<b>Total Carbohydrate</b> .....	19g ..... <b>7%</b>
Dietary Fiber 9g .....	9g ..... <b>32%</b>
Total Sugars.....	5g
Includes 0g Added Sugars.....	0g ..... <b>0%</b>
<b>Protein</b> .....	20g ..... <b>40%</b>

Vitamin D .....	0mcg ..... <b>0%</b>
Calcium .....	70mg ..... <b>5%</b>
Iron .....	0.7mg ..... <b>4%</b>
Potassium .....	180mg ..... <b>4%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Other Ingredients:** Non-GMO citric acid, organic cane sugar, natural flavors blend (raspberry,lemon), malic acid, silica, beet (Beta vulgaris) root powder (color), Reb A (stevia leaf extract).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Open packet and mix contents with 4 -12 ounces of water. Stir until dissolved. For an even greater calming effect, mix with hot water and sip slowly.

## TMSPORT 40,000 Volts! Electrolyte Concentrate (8 oz.-VOL01)

40,000 Volts can turn any drink into an electrolyte drink. Add 1 tsp. (approximately 80 drops) to a large glass of juice or other drink anytime electrolyte replacement is desired. 40,000 Volts is created by blending Ionic Trace Minerals and Sea Minerals, in a special base of liquid potassium citrate. Due to the high concentration of minerals, this product is naturally preserved and contains no bacterial growth. Some crystallization or darkening may occur but will not affect the quality of the product. No refrigeration is required if stored full strength.



Supplement Facts	
Serving Size 1/2 tsp. (2.5 mL) Servings Per Container 48	
Amount Per Serving	%DV
Magnesium .....	190mg .....45%
Chloride .....	600mg .....26%
Sodium (seawater).....	105mg .....5%
Potassium (Pot. Chloride).....	150mg .....4%
Sulfate (from ITM) .....	20mg .....*
Boron .....	950mcg .....*
*Daily Value not established.	

**Other Ingredients:** Stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE: SHAKE VIGOROUSLY.** Add 1 teaspoon (approximately 80 drops) to a large glass of juice, sports drink, or other beverage before, during, or after strenuous activity to help maintain healthy electrolyte levels in the body for improved performance and fewer muscle cramps.† Can also be used to help prevent night muscle cramps.† Store at room temperature. Some crystallization may occur, but will not affect the quality or integrity of the product.



### TMSPORT Pre-Workout (20 packets-PRE01, Canister-PRECAN01)

Pre-Workout is a carefully formulated clean supplement to help you prepare your mind and your muscles for intense training and performance. It's formulated with important nutrients like BCAA's, creatine, beta-alanine, citrulline, arginine, natural caffeine, and B-vitamins to help support mental focus, energy, strength, power, endurance, circulation, hydration, and immune function.† It's the all-in-one pre-workout that contains no artificial colors, flavors, or sweeteners, and is NON-GMO. Then we supercharge it with Ionic Trace Minerals, which provides full spectrum electrolytes to support efficient hydration and nutrient assimilation.†

## Supplement Facts

Serving Size 1 scoop (12.85 g)  
Servings Per Container 40

Amount Per Serving	1 Scoop	2 Scoops
	%DV	%DV
Calories	25	45
Total Carbohydrate	6g 2%*	11g 4%*
Total Sugars	4g	8g
Includes 4g (2 scoops=8g) of Added Sugars	8%	16%
Xylitol	2g **	4g **
Vitamin C (as Ascorbic Acid)	50mg 56%	100mg 111%
Thiamin	0.23mg 19%	0.45mg 38%
Riboflavin	0.25mg 19%	0.5mg 38%
Niacin	5mg 31%	10mg 63%
Vitamin B6 (as Pyridoxine HCL)	5mg 294%	10mg 588%
Folate (as 100mcg Folic Acid for 2 scoops)	85mcg DFE 21%	170mcg DFE 43%
Vitamin B12 (as Methylcobalamin)	12mcg 500%	24mcg 1000%
Pantothenic Acid (as D-Calcium Pantothenate)	2.5mg 50%	5mg 100%
Magnesium (from ITM)	15mg 4%	30mg 7%
Chloride (from Potassium Chloride, ITM)	45mg 2%	90mg 4%
Sodium (as Sodium Citrate)	10mg <1%	20mg 1%
Potassium (from Potassium Chloride)	15mg <1%	30mg 1%

Amount Per Serving	1 Scoop	2 Scoops
	%DV	%DV
Power, Strength, & Endurance Blend Creatine Monohydrate, CarnoSyn® Beta-Alanine, Chinese Ginseng, Rhodiola root powder, Eleuthero root powder, Quercetin Dihydrate powder, Alpha Lipoic Acid.	1651mg **	3301mg **
Nitric Oxide Boost/Circulation Blend AAKG L-Arginine, L-Arginine, Beet Root powder, L-Citrulline DL-Malate 2:1.	1250mg **	2500mg **
BCAA 2:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	1000mg **	2000mg **
Mental Focus/Energy Blend Guaraná, D-Ribose, Green Tea leaf, Choline Citrate, Ginkgo Biloba leaf powder. (Net Caffeine = 75mg)	641mg **	1282mg ** (Net Caffeine = 150mg)
Electrolyte Complex A concentrated complex of full spectrum ionic trace minerals.	250mg **	500mg **

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Other Ingredients:** Certified organic cane sugar, xylitol, Non-GMO citric acid, natural flavors blend (lemon, raspberry, other natural avors), guar gum, steviol glycosides, malic acid, NON-GMO color (Exberry®), silica, xanthan gum.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 level scoop with 8-10 ounces of water in a glass or shaker bottle and mix well. Drink 15-30 minutes before workout for best results. For higher intensity workouts, an additional serving may be taken.



### TMSPORT Post-Workout (20 packets-POST01, Canister-POSTCAN01)

Post-Workout is a carefully formulated clean supplement to help your muscles grow and recover after intense training and to reduce post-workout fatigue. It's formulated with important nutrients like BCAA's, CarnoSyn® beta-alanine, glutamine, betaine, beet root, arginine, HMB, and taurine to help support recovery, muscle repair and growth, speed, strength, endurance, circulation, and hydration.† It's the all-in-one post-workout that contains no artificial colors, flavors, or sweeteners, and is NON-GMO. Then we supercharge it with Ionic Trace Minerals, which provides full spectrum electrolytes to support efficient hydration and nutrient assimilation.†

## Supplement Facts

Serving Size 1 rounded scoop (11.5g)  
Servings Per Container 40

Amount Per Serving	1 Scoop	2 Scoops
	%DV	%DV
Calories	20	35
Total Carbohydrate	5g 2%*	9g 3%*
Total Sugars	2g	3g
Includes 2g (1 Scoop), 3g (2 Scoops) Added Sugars	4%*	6%*
Calcium (from HMB)	25mg 2%	50mg 4%
Magnesium (from Electrolyte Complex)	15mg 4%	30mg 7%
Sodium (from Electrolyte Complex)	5mg <1%	10mg <1%
BCAA 3:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	2.5g **	5g **
CarnoSyn® Beta-Alanine	500mg **	1g **
L-Glutamine	1g **	2g **
Betaine	750mg **	1.5g **
Taurine	500mg **	1g **
Creatine Monohydrate	500mg **	1g **
AAKG L-Arginine	250mg **	500mg **
Beet Root Powder	250mg **	500mg **
HMB (as Calcium Beta-Hydroxy-Beta-Methylbutyrate)	250mg **	500mg **
Electrolyte Complex A concentrated complex of full spectrum ionic trace minerals as found in seawater.	250mg **	500mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Tapioca starch, certified organic cane sugar, natural strawberry and citrus flavors (lemon, lime), Non-GMO citric acid, steviol glycosides, silica.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 rounded scoop with 8-10 oz of water in a glass or shaker bottle and mix well. Drink within 30-45 minutes after workout. For higher intensity workouts, additional servings may be taken.

## TMSPORT ENDURE

(0.83 oz.-ELT01 & 4 oz.-ELT02)

is a special blend of essential electrolytes your body needs to perform at optimum levels of energy, stamina, and hydration during competition or any strenuous activity.† Proper hydration helps to reduce the incidence of muscle cramping and fatigue so you can endure longer.† Plus it contains no sugar or additives to weigh you down. Get the edge you need to perform at your best with ENDURE.

### Supplement Facts

Serving Size ½ tsp. (2.5 mL)  
Servings Per Container 48

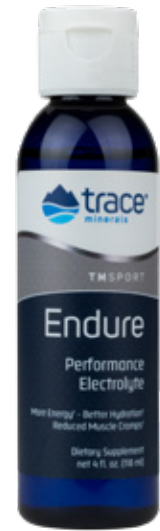
Amount Per Serving	%DV
Magnesium (from ITM).....	45.....11%
Chloride (from ITM).....	375mg.....16%
Sodium (seawater).....	100mg.....4%
Potassium (Pot. Chloride).....	150mg.....3%
Sulfate (from ITM).....	20mg.....*

\*\*Daily Value not established.

**Other Ingredients:** Seawater, Ionic Trace Minerals (ITM), purified water, NON-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Add 48 drops (½ tsp.) of ENDURE to 32 oz. of water (12 drops per 8 oz.; 2 tsp. per gallon) or any beverage or sports drink and shake well for an added boost of energy, stamina and hydration.† The suggested use above provides optimum levels for taste and performance when mixed with pure water. Great for use in hydration Trace Minerals® packs—no cleanup required!



## TMSPORT Electrolyte Stamina Tablets

(90 tab-EST01 & 300 tab-EST02)

A dietary supplement that's ideal for sports performance, people working in high temperatures, and anyone expecting to experience high levels of fluid loss.† You may also expect a wide spectrum of nutritional benefits.†

### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 50

Amount Per Serving	%DV
Calories.....	15.....11%
Total Carbohydrate.....	2g.....1%*
Vitamin B6 (as Pyridoxal-5-Phosphate).....	2mg.....118%
Iron (as Iron Glycinate).....	5mg.....28%
Magnesium (from ITM, Magnesium Glycinate).....	250mg.....60%
Chloride (from ITM, Sodium & Pot. Chloride).....	800mg.....35%
Sodium (from Sodium Chloride, ITM).....	270mg.....12%
Potassium (as Potassium Citrate, Potassium Chloride).....	575mg.....12%
Ionic Trace Mineral (ITM) Complex.....	1530mg.....**
A concentrated complex of full spectrum ionic trace minerals.	
Sulfate (from ITM).....	110mg.....**
Kelp (Laminaria digitata) Extract.....	100mg.....**
Taurine.....	100mg.....**
Alfalfa (Medicago sativa) Leaf.....	50mg.....**
Boron (from ITM, Boron Citrate).....	2mg.....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 4-6 tablets daily, depending on activity, divided with meals and before and after periods of physical activity. Take with large amounts of fluid.



## TMSPORT Electrolyte Stamina Shot

(2 oz.-EXS01)

ELECTROLYTE STAMINA SHOT gives you the nutrients you need for maximum energy production and peak physical strength and stamina to help you get to the next level of your workout or to give you that edge against your competition.† It is also for those who work outside under intense heat so they maintain hydration and energy levels in the body.†

### Supplement Facts

Serving Size 1 bottle (2 . oz.)  
Servings Per Container 12

Amount Per Serving	%DV
Calories.....	15
Total Carbohydrate.....	4g.....1%*
Vitamin C (as Ascorbic acid).....	11g.....556%
Magnesium (from ENDURE™).....	40mg.....10%
Chloride (from ENDURE™).....	390mg.....17%
Sodium (from ENDURE™).....	100mg.....4%
Potassium (from ENDURE™).....	140mg.....3%
D-Ribose.....	500mg.....**
A complex of full-spectrum ionic trace minerals.	
GPLC (Glycine Propionyl L-Carnitine).....	100mg.....**
Sulfate (from ENDURE™).....	25mg.....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, ENDURE™ Performance

Electrolyte, brown rice syrup, natural blueberry, raspberry & strawberry flavors, steviol glycosides, luo han guo (monk fruit) extract, malic acid, xanthan gum, potassium sorbate & potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE: SHAKE WELL.** Take 1-2 ounces before or during any exercise or strenuous activity. Replace cap and refrigerate any unused portion.







**TMSPORT Max-Hydrate Energy Orange Flavor**  
(8 tube display, 10 tabs/tube-ESTEFF05)

Max-Hydrate Energy is a convenient, great-tasting fizzing tablet that when added to water, provides elite levels of electrolytes—sodium, potassium, magnesium, calcium—to help avoid muscle cramping and muscle fatigue, plus caffeine for energy.† It's available in three unique formulas—ENDURANCE†, IMMUNITY†, & ENERGY†—for all of your needs.

Supplement Facts	
Serving Size 1 tablet (4.4g) Servings per container 10	
Amount Per Serving	% DV
Calories .....	15
Total Carbohydrate .....	3g ..... 1%*
Calcium (Tri-Calcium Phosphate) .....	10mg ..... 1%
Magnesium (as Magnesium Citrate) .....	50mg ..... 12%
Sodium (Sodium Bicarbonate) .....	150mg ..... 7%
Potassium (Potassium Bicarbonate) .....	200mg ..... 4%
Caffeine (from Green Tea Extract) .....	50mg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, xylitol, inulin, Non-GMO corn starch, natural orange flavor, stevia leaf extract, natural colors [beet (Beta vulgaris) root juice powder, lutein].  
**NO KNOWN ALLERGENS. GLUTEN FREE.**  
**Suggested Use:** Open tube, drop 1 tablet in 4-6 oz. of water until dissolved. Add water and dilute to your taste preference, if desired.



**TMSPORT Max-Hydrate Endurance Citrus Flavor**  
(8 tube display, 10 tabs/tube- ESTEFF01)

Max-Hydrate is a convenient, great-tasting fizzing tablet that when added to water, provides elite levels of electrolytes—sodium, potassium, magnesium, calcium—to help avoid muscle cramping and muscle fatigue.† It's available in three unique formulas—ENDURANCE†, IMMUNITY†, & ENERGY†—for all of your needs.

Supplement Facts	
Serving Size 1 tablet (4.4g) Servings per container 10	
Amount Per Serving	% DV
Calories .....	15
Total Carbohydrate .....	3g ..... 1%*
Calcium (Tri-Calcium Phosphate) .....	10mg ..... 1%
Magnesium (as Magnesium Citrate) .....	50mg ..... 12%
Sodium (Sodium Bicarbonate) .....	150mg ..... 7%
Potassium (Potassium Bicarbonate) .....	200mg ..... 4%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, xylitol, inulin, Non-GMO corn starch, natural flavors blend (lemon lime, orange), stevia leaf extract, natural colors [beet (Beta vulgaris) root juice powder, lutein].  
**NO KNOWN ALLERGENS. GLUTEN FREE.**  
**Suggested Use:** Open tube, drop 1 tablet in 4-6 oz. of water until dissolved. Add water and dilute to your taste preference, if desired.



**TMSPORT Max-Hydrate Immunity Lemon Lime Flavor**  
(8 tube display, 10 tabs/tube-ESTEFF03)

Max-Hydrate Immunity is a convenient, great-tasting fizzing tablet that when added to water, provides elite levels of electrolytes—sodium, potassium, magnesium, calcium—to help avoid muscle cramping and muscle fatigue, plus vitamin C to help support healthy immune system function.† It's available in three unique formulas—ENDURANCE†, IMMUNITY†, & ENERGY†—for all of your needs.

Supplement Facts	
Serving Size 1 tablet (4.4g) Servings per container 10	
Amount Per Serving	% DV
Calories .....	15
Total Carbohydrate .....	3g ..... 1%*
Vitamin C (as Ascorbic Acid) .....	500mg ..... 556%
Calcium (Tri-Calcium Phosphate) .....	10mg ..... 1%
Magnesium (as Magnesium Citrate) .....	50mg ..... 12%
Sodium (Sodium Bicarbonate) .....	150mg ..... 7%
Potassium (Potassium Bicarbonate) .....	200mg ..... 4%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, xylitol, inulin, Non-GMO corn starch, natural lemon lime flavor, stevia leaf extract, lutein (natural color).  
**NO KNOWN ALLERGENS. GLUTEN FREE.**  
**Suggested Use:** Open tube, drop 1 tablet in 4-6 oz. of water until dissolved. Add water and dilute to your taste preference, if desired.





# IONIC SINGLES



## Ionic Chlorophyll

(23 Servings - IOCL01)

Ionic Chlorophyll provides the therapeutic properties of chlorophyll plus a concentrated complex of full spectrum ionic trace minerals. Together, they help support healthy cells, detoxication, weight management, digestion, immunity, and body mineral balance.<sup>†</sup>

Supplement Facts	
Serving Size 2.5 mL (1/2 tsp)	
Servings Per Container About 23	
Amount Per Serving	%DV
Magnesium (from ITM) .....	5mg ..... 1%
Chloride (from ITM) .....	20mg ..... 1%
Chlorophyll (as sodium copper chlorophyllin) .....	100mg ..... *
Ionic Trace Minerals Complex (ITM) .....	100mg ..... *
*Daily Value not established.	

**Other Ingredients:** Organic glycerin (from organic mustard seed), purified water.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 0.5 mL (0.1 tsp) daily with juice or water. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Ionic Chlorophyll 6000 - Mint Flavor

(120 Servings - IOCLT01)

Ionic Chlorophyll provides the therapeutic properties of chlorophyll plus a concentrated complex of full spectrum ionic trace minerals. Together, they help support healthy cells, detoxication, weight management, digestion, immunity, and body mineral balance.<sup>†</sup>

Supplement Facts	
Serving Size 0.5 mL (0.1 tsp)	
Servings per container 120	
Amount Per Serving	%DV
Chlorophyll (as Sodium Copper Chlorophyllin) .....	50mg ..... *
Ionic Trace Minerals Complex (ITM) .....	5mg ..... *
*Daily Value not established.	

**Other Ingredients:** Organic glycerin (from organic mustard seed), purified water, peppermint essential oil.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 0.5 mL (0.1 tsp) daily with juice or water. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Vitamin C + Ionic Zinc

(2 oz - IOZC01)

Vitamin C + Ionic Zinc is a concentrated liquid that provides maximum support to the immune system and protection for the cells against roaming free radicals.<sup>†</sup> The balanced liquid form allows for variable dosing.<sup>†</sup>

Supplement Facts	
Serving Size 1.5 mL (teaspoon; 1½ droppers)	
Servings Per Container About 39	
Amount Per Serving	% DV
Vitamin C (as Ascorbic Acid) .....	250mg ..... 280%
Zinc (as Zinc Sulfate) .....	40mg ..... 360%
Chloride (from ITM) .....	10mg ..... <1%
Ionic Trace Minerals (ITM) Complex .....	50mg ..... *
Sulfate (from ITM, Zinc Sulfate) .....	40mg ..... *
*Daily Value (DV) not established.	

**Other ingredients:** Purified water, potassium sorbate (for freshness), Non-GMO citric acid. **NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. **CONCENTRATED.** Using the metered dropper, take 0.5-1.5 mL daily. Due to the concentrated nature of this product, dilute in juice or food to mask the concentrated mineral flavor. We recommend spreading the serving size throughout the day and taking it on a full stomach. **DO NOT REFRIGERATE.**



## Elderberry + Ionic Zinc

(2 oz - IOZE01)

Elderberry + Ionic Zinc is a liquid concentrate that provides unmatched support to the immune system with two of the most potent and proven nutrients - Zinc and Elderberry.<sup>†</sup> The liquid form and metered dropper allows for variable dosing.<sup>†</sup>

Supplement Facts	
Serving Size 1.5 mL (teaspoon; 1½ droppers)	
Servings Per Container About 39	
Amount Per Serving	% DV
Zinc (as Zinc Sulfate) .....	40mg ..... 360%
Chloride (from ITM) .....	10mg ..... <1%
Black Elderberry (Sambucus nigra L.) .....	50mg ..... *
Fruit 4:1 Extract .....	..... *
Ionic Trace Minerals (ITM) Complex .....	50mg ..... *
Sulfate (from ITM, Zinc Sulfate) .....	40mg ..... *
*Daily Value (DV) not established.	

**Other Ingredients:** Purified water, potassium sorbate (for freshness), Non-GMO citric acid. **NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. **CONCENTRATED.** Using the metered dropper, take 0.5-1.5 mL daily. Due to the concentrated nature of this product, dilute in juice or food to mask the concentrated mineral flavor. We recommend spreading the serving size throughout the day and taking it on a full stomach. **DO NOT REFRIGERATE.**



## Ionic Singles™

Ionic Single Minerals from Trace Minerals Research® are formulated individually to give you control over your personal health. Plus, the ionic minerals in a liquid form are bioavailable and are of the highest quality.†

**Absorption**-Our proprietary ionic formulation process combines single minerals and full spectrum ionic trace minerals to create a unique blend, providing the body with bioavailable minerals for quick and effective absorption.†

**Control**-You are a unique individual. Your body has different needs and not all supplements cater to those needs...until now. Unlike normal tablets and capsules, the metered dropper allows you to specialize and vary your dosage based on recommendations from your healthcare professional. Now you can take control of your health!

**Quality**-Each mineral complex is formulated using USP grade minerals to give you the highest quality liquid single mineral supplement on the market.

**Value**-Each 4 oz. shatter-resistant bottle provides a 48-, 30-, or 15-day supply! Plus, every bottle gives you 100% or more of your daily value where the daily value has been established.

**Trust**- For over 45 years, consumers have trusted Trace Minerals Research to provide the highest quality supplements for the natural products industry. Take advantage with quick absorbing, high quality minerals that are packaged for both value and flexibility of dosage. It's time you take control.



### Liquid Ionic B12

(2 oz.-IOB1201)

Ionic B12 provides 1,000mcg of Vitamin B12 per serving, plus a full spectrum of ionic trace minerals in an ionic form. Vitamin B12 plays a crucial role in multiple metabolic functions, including enzyme production, DNA synthesis, hormone balance, and healthy nerve and cardiovascular function.†

#### Supplement Facts

Serving Size 1mL (0.2 teaspoon)

Servings Per Container 59

Amount Per Serving	%DV
Vitamin B12.....	10..41,667%
(as Methylcobalamin)	
Magnesium (from ITM).....	3g.....1%
Ionic Trace Minerals (ITM).....	50mg.....*

\*Daily Value not established.

**Other Ingredients:** Glycerin, purified water, Non-GMO color (Exberry®), natural grape flavor, Non-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Using the metered dropper, take 1mL daily. Add to juice or food or take straight as desired. **Do not refrigerate. Keep out of reach of children.**



### Liquid Ionic Calcium

(2 oz.-IOCA01)

Ionic Calcium is a concentrated liquid dietary supplement that provides calcium in an ionic form—the form most widely recognized by the body.† Our proprietary process provides maximum absorbability, while the balanced liquid form provides safety and flexibility.† Calcium is essential for healthy nerves, muscles, and bones. 47 percent of calcium in blood plasma is ionized, the same type found in Ionic Calcium.†

#### Supplement Facts

Serving Size 1.25mL (¼ teaspoon)

Servings Per Container About 48

Amount Per Serving	%DV
Calcium (from Calcium Chloride).....	200mg.....15%
Magnesium (from ITM).....	4mg.....1%
Chloride (from Cal. Chloride, ITM).....	250mg.....11%
Ionic Trace Minerals (ITM) Complex.....	50mg.....*

\*Daily Value not established.

**Other Ingredients:** Purified water, NON-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Using the metered dropper, take 1.25mL daily with juice or food to mask the concentrated mineral flavor. Do not refrigerate. Keep out of reach of children.



### Liquid Ionic Boron

(2 oz.-IOB01)

Ionic Boron is a rich, concentrated liquid dietary supplement that provides boron in an ionic form—the form most widely recognized by the body.† Our proprietary process ensures maximum absorption, while the balanced liquid form provides safety and flexibility.† Boron may support healthy bones and joints.† Recent clinical studies indicate that boron interacts with calcium and magnesium to promote optimal bone metabolism.† Evidence also suggests boron may support normal brain function.†

#### Supplement Facts

Serving Size 1.25mL (¼ teaspoon)

Servings Per Container About 48

Amount Per Serving	%DV
Magnesium (from ITM).....	25mg.....6%
Chloride (from ITM).....	65mg.....3%
Ionic Trace Minerals (ITM) Complex.....	350mg.....*
Boron (from Boron Complex, ITM).....	6mg.....*

\*Daily Value not established.

**Other Ingredients:** Purified water, boron complex (contains boric acid, Non-GMO citric acid), potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** **SHAKE WELL.** Using the metered dropper, take 1.25 mL (¼ tsp.) daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE.**

## Liquid Ionic Selenium

(2 oz.-IOS01)

is a rich, concentrated liquid dietary supplement that provides selenium in an ionic form—the form most widely recognized by the body.† Our proprietary process ensures maximum absorption, while the balanced liquid form provides safety and flexibility.† Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

Supplement Facts	
Serving Size 1.25 mL (¼ tsp; 1¼ full droppers)	
Servings Per Container About 48	
Amount Per Serving	%DV
Magnesium (from ITM) .....	20mg .....5%
Selenium (Sodium Selenate).....	330mcg .....545%
Chloride .....	60mg .....3%
Ionic Trace Minerals (ITM) Complex .....	350mg .....*
*Daily Value not established.	

**Other Ingredients:** Purified water, Non-GMO citric acid, potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** **SHAKE WELL.** Using the metered dropper, take 1.25 mL daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Liquid Ionic Strontium

(2 oz.-IOST01)

is a concentrated liquid dietary supplement that provides strontium in an ionic form—the form most widely recognized by the body.† Our proprietary process provides maximum absorption, while the balanced liquid form provides safety and flexibility.† Strontium is chemically similar to calcium and plays an important role in maintaining and preserving healthy bone density as well as healthy bone development.†

Supplement Facts	
Serving Size 1.25 mL (¼ tsp; 1¼ full droppers)	
Servings Per Container About 48	
Amount Per Serving	%DV
Magnesium (from Mag. Chloride, ITM).....	5mg .....1%
Chloride (from Strontium Chloride, ITM) .....	150mg .....7%
Strontium (as Strontium Chloride) .....	100mg .....*
Ionic Trace Minerals (ITM).....	50mg .....*
*Daily Value not established.	

**Other Ingredients:** Purified water, Non-GMO citric acid, potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** **SHAKE WELL.** Using the metered dropper, take 1.25 mL daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Liquid Ionic Zinc

(2 oz.-IOZ01)

is a rich concentrated liquid dietary supplement that provides zinc in ionic form - the form most widely recognized by the body.† Our proprietary process ensures maximum absorption, while the balanced liquid form provides safety and flexibility. In addition, this product contains 100% of the RDA of copper per serving. An adequate supply of zinc is essential for growth and physical development, especially as it relates to proteins, fats and carbohydrates.†

Supplement Facts	
Serving Size 1.25 mL (¼ tsp; 1¼ full droppers)	
Servings Per Container About 48	
Amount Per Serving	%DV
Magnesium (from ITM) .....	25mg .....6%
Zinc (as Zinc Sulfate) .....	50mg .....455%
Copper (as Copper Sulfate) .....	2mg .....222%
Chloride (from ITM) .....	55mg .....2%
Ionic Trace Minerals (ITM) Complex .....	350mg .....*
Sulfate (from ITM, Zn Sulfate) .....	40mg .....*
Boron (from ITM) .....	100mcg .....*
*Daily Value not established.	

**Other Ingredients:** Purified water, citric acid, <0.1% potassium benzoate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** **SHAKE WELL.** Using the metered dropper, take 0.5-1.25 mL daily with juice/food to mask the concentrated mineral flavor.

**Due to the concentrated nature of this product, we recommend spreading the serving size throughout the day and taking it on a full stomach. Refrigeration not necessary.**





**Liquid Ionic Chromium**  
(2 oz.-IOC01)

Ionic Chromium is a rich, concentrated liquid dietary supplement that provides 550mcg of chromium per serving in ionic form, plus full spectrum ionic trace minerals, America's #1 selling trace mineral supplement according to SPINS® data. The DRV for chromium is 120 mcg/day. However, research has shown that the average American only consumes 50 mcg of chromium daily. Therefore, it may be important to supplement with a high quality chromium supplement such as Ionic Chromium to maintain healthy chromium levels.†

**Supplement Facts**

Serving Size 1.25mL (¼ teaspoon)  
Servings Per Container About 48

Amount Per Serving		%DV
Magnesium (from ITM) .....	20mg	5%
Chromium (as Chromium Chloride) .....	550mcg	1571%
Chloride (from ITM, Cr. Chloride) .....	70mg	3%
Ionic Trace Minerals (ITM) Complex .....	330mg	*
Boron (from ITM) .....	100mcg	*

\*Daily Value not established.

**Other Ingredients:** Puried water, Non-GMO citric acid, less than 0.1% potassium benzoate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 1.25 mL (¼ tsp.) daily with juice or food to mask the concentrated mineral flavor.

**DO NOT REFRIGERATE.**



**Liquid Ionic Copper**  
(2 oz.-IOCP01)

Ionic Copper provides copper in ionic form, plus a full spectrum of ionic trace minerals. Copper is an important mineral that helps to activate the antioxidant enzyme superoxide dismutase.† Copper also plays an important role in many physiological processes, including the healthy formation of red blood cells, proper enzymatic reactions, efficient utilization of iron, and maintaining healthy connective tissue, hair, and eyes.†

**Supplement Facts**

Serving Size 1.25mL (¼ teaspoon)  
Servings Per Container About 48

Amount Per Serving		%DV
Magnesium (from ITM) .....	15mg	4%
Copper (as Copper Sulfate) .....	3mg	333%
Ionic Trace Minerals (ITM) Complex .....	250mg	*

\*Daily Value not established.

**Other Ingredients:** Puried water, potassium sorbate (for freshness), Non-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 1.25 mL (¼ tsp.) daily with juice or food to mask the concentrated mineral flavor.

**DO NOT REFRIGERATE.**



**Liquid Ionic Fulvic Acid**  
(2 oz.-IOFA01)

Ionic Fulvic Acid is a rich, concentrated liquid dietary supplement that provides 250 mg of fulvic acid per serving, plus full spectrum ionic trace minerals. Fulvic acid may help support and maintain healthy functions in the body, including the following: digestion, pH balance, energy production, hydration, cellular integrity, enzyme activity, muscle endurance and stamina.†

**Supplement Facts**

Serving Size 1 mL (0.2 tsp.)  
Servings Per Container 59

Amount Per Serving		%DV
Magnesium (from ITM) .....	15mg	4%
Chloride (from ITM) .....	75mg	3%
Ionic Trace Minerals (ITM) Complex .....	300mg	*
Fulvic Acid Solution .....	250mg	*

\*Daily Value not established.

**Other Ingredients:** Puried water, Non-GMO citric acid, potassium sorbate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 1mL daily with juice or food to mask the concentrated mineral flavor.

**DO NOT REFRIGERATE.**



**Liquid Ionic Iron**  
(1.9 oz.-IOI01)

Ionic Iron is a rich, concentrated liquid dietary supplement that provides iron in an ionic form—the form most widely recognized by the body.† Research indicates that iron plays an important role in proper enzyme and cognitive function, energy production, and optimal immune system maintenance.†

**Supplement Facts**

Serving Size 1.2mL (approx. ¼ teaspoon)  
Servings Per Container About 46

Amount Per Serving		%DV
Iodine (as Potassium Iodide) .....	225mcg	150%
Magnesium (from ITM) .....	8mg	2%
Ionic Trace Minerals (ITM) .....	100mg	*

\*Daily Value not established.

**Other Ingredients:** Puried water, potassium benzoate and potassium sorbate (for freshness), Non-GMO citric acid (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Take 0.2 mL (3 DROPS) daily mixed with juice or water. Do not refrigerate. Keep out of reach of children. Refrigeration not necessary.

## Liquid Ionic Iodine

(2 oz.-I0K101)

Ionic Iodine is a rich, concentrated liquid dietary supplement that provides 225mcg per serving of iodine from potassium iodide. It may help support the following: healthy thyroid function, hormone production, central nervous system function, and immune function.†

### Supplement Facts

Serving Size 0.2 mL (3 drops)  
Servings Per Container 295

Amount Per Serving		% DV
Iodine (as Potassium Iodide)	225mcg	150%
Magnesium (from ITM)	8mg	2%
Ionic Trace Minerals (ITM)	100mg	*

\*Daily Value (DV) not established.

**Other ingredients:** Purified water, potassium benzoate and potassium sorbate (for freshness), non-GMO citric acid.

**NO KNOWN ALLERGENS.**

**Suggested Use:** SHAKE WELL. Take 0.2 mL (3 DROPS) daily mixed with juice or water.

**Do not refrigerate. Keep out of reach of children.**



## Liquid Ionic Potassium

(2 oz.-I0P01)

Ionic Potassium is a natural source of concentrated liquid potassium in ionic form, plus a full spectrum of ionic trace minerals. Potassium is an essential mineral for basic life function and is found in every cell of the body.† It's essential for proper nerve conduction, muscle function, liquid balance, and helps maintain healthy heart and brain function.†

### Supplement Facts

Serving Size 1.75 mL (1/3 tsp; 1 ¼ full droppers)  
Servings Per Container About 33

Amount Per Serving		%DV
Magnesium (from ITM)	30mg	7%
Chloride (from ITM)	300mg	13%
Sodium (from Sea Minerals)	65mg	3%
Potassium (Potassium Chloride)	99mg	2%
Ionic Trace Minerals Complex (ITM)	375mg	*
Sulfate (from ITM)	25mg	*

\*Daily Value not established.

**Other Ingredients:** Sea Minerals, purified water, Non-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 1 - 1.75 mL daily with juice or food to mask the concentrated mineral flavor and divide serving throughout the day. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Liquid Ionic Manganese

(2 oz.-I0MN01)

Is a concentrated liquid dietary supplement that provides manganese in an ionic form—the form most widely recognized by the body—plus a full spectrum of concentrated ionic trace minerals.‡ Manganese is essential for proper enzyme activation, healthy antioxidant function in cells, metabolism, and healthy bone development.‡

### Supplement Facts

Serving Size 1.25 mL (approx. ¼ teaspoon)  
Servings Per Container About 48

Amount Per Serving		%DV
Magnesium (from ITM)	30mg	7%
Manganese (as Mang. Gluconate)	10mg	435%
Chloride (from ITM)	70mg	3%
Ionic Trace Minerals (ITM) Complex	400mg	*

\*Daily Value not established.

**Other Ingredients:** Purified water, potassium sorbate (for freshness), Non-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 1.25 mL (¼ teaspoon) daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.**



## Liquid Ionic Magnesium

(2, 4 oz.-I0M01, 02)

Is a rich, concentrated liquid that provides magnesium in an ionic form—the form most widely recognized by the body.† Our proprietary process ensures maximum absorption, while the balanced liquid form provides safety and exibility.† Magnesium is required for cellular energy production. It participates in over 300 biochemical pathways in the body, including cardiovascular function.†

### Supplement Facts

Serving Size 1.2 mL (approx. ¼ teaspoon)  
Servings Per Container About 46

Amount Per Serving		%DV
Magnesium	400mg	7%
Chloride	1100mg	13%
Sodium	5mg	<1%
Potassium	5mg	<1%
Sulfate	70mg	*
Boron	1.5mg	*

\*Daily Value not established.

**Other Ingredients:** Concentrated seawater complex.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE WELL. Using the metered dropper, take 4mL (4 full droppers) daily with juice or food to mask the concentrated mineral flavor. **DO NOT REFRIGERATE.**





**WELLNESS &  
LIFESTYLE**





## Elderberry Immunity Powder - Lemon berry Flavor

(50 Servings -EIP01)

Elderberry Immunity Powder is a delicious drink mix that has powerful, multi-faceted support for the immune system.† It's full of antioxidants for protection and support at the cellular level, and it also features a full spectrum of ionic trace minerals.†

### Supplement Facts

Serving Size 1 Scoop (3.8 g)  
Servings per container 50

Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate .....	3g ..... 1%*
Dietary Fiber .....	3g ..... 11%*
Vitamin C (as Ascorbic Acid) .....	1000mg ..... 1111%
Zinc (from Zinc Gluconate) .....	10mg ..... 91%
Black Elderberry Fruit Extract .....	200mg ..... **
Ionic Trace Mineral (ITM) Complex .....	100mg ..... **

A concentrated complex of full spectrum ionic trace minerals.  
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Tapioca fiber, malic acid, steviol glycosides, natural flavors blend (lemon, strawberry, blueberry, vanilla, natural flavors), silica.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** 1 scoop (3.8 g) with 4-8 oz of water up to 3 times daily for optimum results. Take 1 serving daily for immune system maintenance.



## Liquid Immunity+ - Mixed Berry Flavor

(30 Servings -LIM01)

Liquid Immunity provides several immune supporting nutrients, including 200 milligrams elderberry, 15 milligrams zinc, 1,000 milligrams vitamin C, and 30 micrograms vitamin D for a multi-dimensional approach to support optimum immune system function.

### Supplement Facts

Serving Size 2 tbsp. (30mL; 2 tbsp. = 1 capful)  
Servings Per Container 30

Amount Per Serving	%DV
Calories	40
Total Carbohydrate	10g
Glycerol6	g
Vitamin C (as Ascorbic Acid)	1000mg 1111%
Vitamin D3 (as Cholecalciferol)	30mcg (1,200 IU) 150%
Magnesium (from ITM)	10mg 2%
Zinc (as Zinc Gluconate)	15mg
Chloride (from ITM)	50mg

Black Elderberry	200mg*	*
Ionic Trace Minerals (ITM) Complex	150mg*	*
A concentrated complex of full spectrum ionic trace minerals.		

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** Puried water, vegetable glycerin, natural avors, citric acid, xanthan gum, stevia extract (Reb A), potassium benzoate & potassium sorbate (for freshness).

**NO KNOWN ALLERGENS.**

**Suggested Use:** SHAKE VIGOROUSLY BEFORE USE. Mix 2 tbsp. with a glass of juice or water or take straight if desired. Rinse cap after each use. Refrigerate after opening.



## EATCLEAN Vegan Whole Food Bar

(12 bar case-ECB01)

Eating clean while on the run is difficult and inconvenient, which is why many of us end up eating junk when clean food isn't available. Not anymore. EATCLEAN™ is a healthy and nutritious vegan food bar that you can conveniently stash in your purse or pocket for those times of the day when you need a boost of energy or a quick meal, but you still want to eat clean. Now, fast food can be clean food with the organic EATCLEAN™ Vegan Whole Food Bar.

### Nutrition Facts

Serving Size  
1 Bar (58g)  
Calories **260**  
per serving

Amount/Serving	%DV	Amount/Serving	%DV
<b>Total Fat</b> 13g	17%	<b>Total Carb.</b> 26g	9%
Sat. Fat 1.5g	8%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 21g	
<b>Cholest.</b> 0mg	0%	Includes 8g Added Sugars	16%
<b>Sodium</b> 5mg	<1%	<b>Protein</b> 10g	20%
Vitamin D 0% • Calcium 8% • Iron 10% • Potassium 1%			

**Ingredients:** Organic Almond Butter, Organic Dates, Organic Tapioca Syrup, Organic Brown Rice Protein, Organic Bio Sprouts™—Flax, Organic Raisins, Organic Bio Sprouts™—Quinoa, Organic Sesame Seeds. Chocolate Chips: Organic Dark Chocolate (Organic Cane

Sugar, Organic Cocoa Butter, Organic Chocolate Liquor, Organic Soy Lecithin), ConcenTrace® Trace Mineral Complex. CAUTION: May contain pieces of date pits, stems, nut shells or seeds. This product is manufactured in a facility that processes nuts, tree nuts, peanuts, seeds, soy, wheat and dairy (milk).

**CONTAINS ALMONDS AND SOY. GLUTEN FREE.**

## Reds Pak

(30 packets-RDP02)

Reds Pak is a full-spectrum antioxidant supplement of energy-packed whole foods and extracts, super fruits, vegetables, and other essential nutrients for superior health. Reds Pak is designed to help maintain cellular integrity, promote cardiovascular health and immune system function, provide increased energy, support healthy digestion, and fight against free-radical damage.†



## Supplement Facts

Serving Size 1 packet (6.5g)  
Servings Per Container 30

Amount Per Serving	%DV
Calories .....	25
Total Carbohydrate .....	6g .....2%
Dietary Fiber .....	1g .....4%
Total Sugars .....	2g .....**
Includes Og Added Sugars.....	0%.....
Vitamin C (as Ascorbic Acid) .....	45mg .....50%
Calcium .....	5mg .....1%
Sodium .....	15mg .....1%
Potassium .....	25mg .....1%
<b>Fruit &amp; Vegetable Blend .....</b>	<b>1950mg .....**</b>
Cranberries ( <i>Vaccinium oxycoccus</i> ), Black Raspberries ( <i>Rubus occidentalis</i> ), Strawberries ( <i>Fragaria ananassa</i> ), Plums, Red Raspberry ( <i>Rubus idaeus</i> ) Extract, Blackberry ( <i>Rubus laciniatus</i> ), Papaya ( <i>Carica papaya</i> ), Radish ( <i>Raphanus sativus</i> ), Carrot ( <i>Daucus carota</i> ), Kiwi ( <i>Actinidia deliiosa</i> ), Watermelon ( <i>Citrullus lanatus</i> ), Purple Cabbage, Beet ( <i>Beta vulgaris</i> ) Root Powder.	
<b>Fiber &amp; Probiotic Support Blend .....</b>	<b>1365mg .....**</b>
Fructooligosaccharides, Apple Pectin ( <i>Malus domestica</i> ), Oat Betaglucan, <i>Lactobacillus Acidophilus</i> , <i>Lactobacillus Casei</i> , <i>Bidobacterium Breve</i> , <i>Lactobacillus Rhamnosis</i> .	

Amount Per Serving	%DV
Superfruit Antioxidant Blend .....	459mg .....**
ConcenTrace® Alfalfa Complex, Pomegranate ( <i>Punica granatum</i> ) Extract, Quercetin Dihydrate, Acerola, Red Wine Extract Polyphenols, Green Tea ( <i>Camellia sinensis</i> ) Extract, Red Grape Extract, Blueberry ( <i>Vaccinium cyanococcus</i> ) Leaf Extract, Bilberry ( <i>Vaccinium myrtilus</i> ) Extract, Resveratrol Extract, Acai ( <i>Euterpe oleracea</i> ), Gogi Berry, Mangosteen ( <i>Garcinia mangostana</i> ), Noni ( <i>Morinda citrifolia</i> ), Wild Blueberry.	
Detox Blend .....	188mg .....**
Bromelain, Turmeric Extract Curcuminoids, Milk Thistle Seed ( <i>Silymarin</i> ) Extract, Prune Extract, Black Cherry ( <i>Prunus serotina</i> ) Extract.	
Digestive Support Complex .....	189mg .....**
Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Aloe Vera Leaf Powder, Ginger Root Powder.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Natural flavors blend (raspberry, strawberry, cherry), citric acid.

**CONTAINS GLUTEN.**

**SUGGESTED USE:** Open packet and place the entire contents of the packet into 6-8 oz. of water and stir vigorously. May also be put in juice, a smoothie, or other beverage. Some caking may occur. This does not affect the safety or integrity of the product.

## NO! Muscle Cramps

(4 oz-NOMC01)

NO! Muscle Cramps is a unique complex containing pure, essential electrolytes such as potassium, sodium, magnesium, chloride, and sulfate that your muscles need to stay properly hydrated.† There are many causes for acute muscle cramping, but dehydration is one of the most common. Proper hydration with water and key electrolytes like magnesium and potassium help keep electrolytes in the muscles so they stay healthy, balanced, and hydrated to help avoid muscle cramps, especially those that wake you up at night.†



## Supplement Facts

Serving Size 1 tbsp. (15 mL)  
Servings Per Container 32

Amount Per Serving	%DV
Magnesium (from ITM) .....	35mg .....8%
Chloride (from ITM) .....	325g .....14%
Sodium (from Sea Minerals) .....	95mg .....4%
Potassium (as Pot. Chloride) .....	120mg .....3%
Sulfate (from ITM) .....	20mg .....*

\*Daily Value (DV) not established.

**Other Ingredients:** Sea Minerals, Ionic Trace Minerals (ITM), purified water, Non-GMO citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Add 2 mL (2 full droppers or about 32 drops) to 32 oz. of water (8 drops per 8 oz.; ½ tsp. per gallon) and stir/shake well for best isotonic balance. Take serving up to 4 times per day if necessary, especially before bedtime. If desired, take serving size in as little as 4 oz. of water as a concentrated shot.

## ConcenTrace® Mineral Mouth Rinse

(16 oz.-MMW01)

ConcenTrace® Mineral Mouth Rinse is a gentle rinse that helps to promote fresh breath and a clean feeling the natural way. It's made with ConcenTrace® ionic trace minerals, America's #1 selling trace mineral supplement, colloidal silver, and peppermint essential oil. This unique blend helps rinse your teeth and gums of food debris while the minerals help to neutralize odors and acidic foods that cause bad breath, leaving your mouth clean and your breath fresh.

**ConcenTrace® Mineral Mouth Rinse** is a gentle rinse that helps to promote fresh breath, and a clean feeling the natural way. It's made with ConcenTrace® ionic trace minerals, America's #1 selling trace mineral supplement, colloidal silver, and peppermint essential oil. This unique blend helps rinse your teeth and gums of food debris while the minerals help to neutralize odors and acidic foods that cause bad breath, leaving your mouth clean and your breath fresh.

(2/3 fluid ounce or 4 teaspoons) morning and night for best results. Do not swallow. Keep out of reach of children.

**Ingredients:** Purified water, Utah Sea Minerals™, ConcenTrace® sea minerals, peppermint essential oil, xylitol, steviol glycosides, colloidal silver, citric acid, potassium sorbate (for freshness).

**Allergen Info:** contains no known allergens. **GLUTEN FREE.**

**Directions for use:** Use daily. Rinse mouth at full strength for 30 seconds with 20 mL



## Liquid CoQ10

(4 oz.-LCQ01)

Though CoQ10 is produced in the body, the level of CoQ10 slowly declines as the body ages, which warrants the need for supplementation to help support and maintain healthy levels for optimum health and well-being.† Liquid CoQ10 is a unique formula that provides 100 mg per serving of CoQ10 that is then supercharged with ConcenTrace®, a concentrated complex of full spectrum ionic trace minerals from the Utah's inland sea.

### Supplement Facts

Serving Size 1 tsp. (5 mL)  
Servings Per Container 24

Amount Per Serving	%DV
Calories .....	10mg
Total Fat .....	1g.....2%*
Coenzyme Q10 .....	100mg.....**
Ionic Trace Minerals (ITM).....	100mg.....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, grapeseed oil, glycerin, steviol glycosides, xanthan gum, natural tangerine flavor, potassium sorbate, citric acid.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** **SHAKE VIGOROUSLY.** For best results, take 1 tsp. (5 mL) daily in divided doses with your meals. Mix with juice or take straight if desired. May also be taken sublingually. **REFRIGERATE AFTER OPENING.**



## GlucoVera

(45 Servings - GLUC01)

GlucoVera™ is a unique, clinically- tested dietary supplement that helps support healthy blood sugar levels in the body when taken as part of a healthy diet and exercise program.† Since it provides many health benefits, it's a whole body solution for health and well-being!†

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 45

Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate .....	1g.....<1%*
Sodium .....	5mg.....<1%

Amount Per Serving	%DV
GlucoVera™ (a proprietary blend of polysaccharides from aloe vera) .....	500mg.....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Rice Flour, Vegetarian Capsules (Hydroxypropyl Methylcellulose), Silicon Dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** For best results, take two capsules approximately 15-30 minutes before each meal.



## Optimal-pH

(1 oz.-OPH01)

Is an all-natural, full-spectrum concentrated ionic trace mineral complex that can help maintain a healthy pH in the body.† Balancing pH in the body is vital for optimum health.†



### Supplement Facts

Serving Size 1.2 mL (approx. ¼ teaspoon)  
Servings Per Container About 46

Amount Per Serving	%DV
Magnesium .....	400mg .....7%
Chloride .....	1100mg .....13%
Sodium .....	.5mg .....<1%
Potassium .....	.5mg .....<1%
Sulfate.....	70mg .....*
Boron .....	1.5mg .....*

\*Daily Value not established.

**Other Ingredients:** Concentrated ionic sea minerals from Utah's inland sea. **NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use: SHAKE WELL.** Add 4 drops to 8 oz of water & stir. Drink 6-8 glasses of Optimal-pH infused water daily for best results.

## Liquid Vitamin D3

(16 oz.-LVD01)

Vitamin D is one of the most important nutrients for health and is produced in the body naturally through regular sun exposure. The skin produces approximately 10,000 IU of vitamin D when exposed to 20–30 minutes of summer sun. However, with the proliferation of sun block use, many are not being exposed to the UV rays that are necessary for natural vitamin D production in the skin. Adults striving to achieve optimum health and wellness who regularly avoid sunlight or use sun block are urged to supplement their body with 5,000 IU of vitamin D daily. To obtain this amount by drinking milk, you would need to drink 50 glasses! Liquid Vitamin D3 is a dietary supplement that provides 5000 IU of all natural vitamin D3 per serving, plus a full spectrum of ionic trace minerals.†



### Supplement Facts

Serving Size 1 tbsp. (15 mL)  
Servings Per Container 32

Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate.....	3g .....1%*
Total Sugars.....	3g .....**
Includes 3g Added Sugars.....	.....6%
Vitamin D3 (as Cholecalciferol).....	125mcg .....625%
Magnesium (from ITM) .....	.5mg .....1%
Chloride (from ITM) .....	.40mg .....1%
Ionic Trace Minerals (ITM).....	100mg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, organic cane sugar, peach concentrate, natural flavors blend (berry, cherry, citrus), citric acid, xanthan gum, steviol glycosides, potassium sorbate & potassium benzoate (for freshness), organic turmeric (Curcuma longa) root extract.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use: SHAKE VIGOROUSLY.** Take 1 tablespoon daily alone or mixed into water or your favorite beverage. Not intended for use by infants. **REFRIGERATE AFTER OPENING.**

## Greens Pak Berry Flavor

(30 Packets-PGG01)

Greens Pak is a great-tasting, easy-to-mix phyto-nutrient powder that is loaded with energy-packed whole foods, super fruits, antioxidant foods, vegetables, enzymes, probiotics, fiber and plant extracts to help energize your body.† These “Super-Foods” are the foods we should eat daily for optimum health and wellness.† However, most of us don’t get them in our standard diet.

### Supplement Facts

Serving Size 1 packet (7.5g)  
Servings Per Container 30

Amount Per Serving	%DV
Calories	35
Total Fat	2g 3%*
Total Carbohydrate	4g 1%*
Dietary Fiber	1g 4%*
Total Sugars	1g **
Includes 0g Added Sugars	0%*
Protein	1g 2%*
Vitamin A (as Beta-Carotene)	127mcg RAE 14%
Vitamin C (as Ascorbic Acid)	25mg 28%
Calcium	10mg 1%
Iron	1mg 6%
Sodium	20mg 1%
Potassium	70mg 1%
Greens Blend	1346mg **
Barley Grass Juice Powder (cert. organic), Spirulina (cert. organic), Chlorella (Japanese cracked cell wall), Alfalfa Ionic Trace Mineral Complex.	
Vegetable Blend (cert. organic)	1340mg **
Carrot Rhizome Powder, Broccoli Herb Powder, Cauliflower Bulb Powder, Spinach Leaf Powder, Parsley Herb Powder.	
Fiber Blend	1306mg **
Whole Oat Bran, Apple Fiber Pectin, Sprouted Barley Malt, SDG Flax Lignans.	

Amount Per Serving	%DV
Antioxidant Blend	1243mg **
Pomegranate Fruit Powder, Strawberry Fruit Powder, Raspberry Fruit Powder, Grapefruit Peel Extract, Quercetin (98% Dihydrate), Green Tea Leaf Extract Decaf (60% Polyphenols), Japanese Knotweed Root Extract (Trans Resveratrol 50%), Milk Thistle Seed Extract (80% Silymarin), Acerola Cherry Fruit Powder, Aloe Vera Leaf Powder (cert. organic), Turmeric Rhizome Extract, Grape Seed Extract, Blueberry Leaf Extract, Red Beet Root Powder (cert. organic), Mangosteen Fruit Powder, Cabbage Palm (Açaí) Fruit Powder, Noni Fruit Powder, Lycium (Goji) Berry Fruit Powder, Cassia (Cinnamon) Bark Powder (cert. organic), Atlantic Kelp Powder (cert. organic), Concord Grape Fruit Powder, Licorice Root.	
Soy Lecithin (Non-GMO)	1206mg **
Phosphatidylethanolamine, Phosphatidylcholine.	
Fruit & Vegetable Antioxidant Blend	134mg **
Green Tea Leaf Extract, Quercetin, Blueberry Fruit, Cranberry Fruit, Pomegranate Fruit, Raspberry Fruit, Strawberry Fruit, Broccoli Leaf, Carrot Root, Kale Leaf, Resveratrol, Spinach Leaf, Tomato Fruit, Wild Blueberry Fruit.	
Enzyme Blend	134mg **
Bromelain (600 GDU/g), Papain, Protease, Amylase, Lipase, Cellulase, Lactase.	
Probiotics (Dairy-Free)	134mg **
<i>Lactobacillus acidophilus</i> , <i>Bifido Bacterium longum</i> , <i>L. casei</i> , <i>L. rhamnosus</i> .	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Steviol glycosides, citric acid, natural flavors.

**CONTAINS SOY & GLUTEN.**

**SUGGESTED USE:** Open packet and place the entire contents of the packet into 4-6 oz. of water and stir. May also be put in juice, a smoothie, or other beverage. Some caking may occur. This does not affect the safety or integrity of the product.



## Greens Pak Chocolate Flavor

(30 Packets-PGGC01)

Greens Pak is a great-tasting, easy-to-mix phyto-nutrient powder that is loaded with energy-packed whole foods, super fruits, antioxidant foods, vegetables, enzymes, probiotics, fiber and plant extracts to help energize your body.† These “Super-Foods” are the foods we should eat daily for optimum health and wellness.† However, most of us don’t get them in our standard diet.

### Supplement Facts

Serving Size 1 packet (7.5g)  
Servings Per Container 30

Amount Per Serving	%DV
Calories	30
Total Fat	1g 1%*
Total Carbohydrate	4g 1%*
Dietary Fiber	2g 7%*
Protein	1g 2%*
Vitamin A (as Beta-Carotene from food)	25mcg RAE 3%
Vitamin C (as Ascorbic Acid)	8mg 9%
Calcium	10mg <1%
Iron	1.5mg 8%
Sodium	10mg <1%
Potassium	100mg 2%
Antioxidant Blend	3818mg **
Natural Cocoa Powder, Pomegranate Fruit Extract, Strawberry Fruit Powder, Blueberry Fruit Powder, Organic Cinnamon Bark Powder, Red Wine Extract, Quercetin Dihydrate, Green Tea Leaf Extract, Japanese Knotweed (Polygonum Cuspidatum) Root Extract, Milk Thistle Leaf Extract, Organic Aloe Vera Leaf Powder, Acerola Cherry Powder, Turmeric Rhizome Extract, Grape Seed Extract, Blueberry Leaf Extract, Organic Açai Berry Powder, Organic Goji Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder, Atlantic Kelp Powder, Concord Grape Powder, Licorice Root Powder.	

Amount Per Serving	%DV
Greens & Vegetable Blend	1545mg **
Organic Carrot Juice Powder, Organic Barley Grass Juice Powder, Organic Spirulina Powder, Organic Broccoli Juice Powder, Organic Cauliflower Powder, Organic Spinach Juice Powder, Organic Parsley Juice Powder, Chlorella Powder, Trace Minerals Complex (Alfalfa ConcenTrace®), Nopal Cactus Leaf Powder, Organic Kale Leaf Powder, Maca Root Powder, Kamut Grass Powder.	
Fiber Blend	1306mg **
Oat Beta Glucan, Soy Lecithin Powder (Non-GMO), Barley Malt Powder, Apple Pectin Powder.	
Dairy-Free Probiotic & Enzyme Blend	188mg **
<i>Lactobacillus Acidophilus</i> , <i>Bifido Bacterium Longum</i> , <i>Lactobacillus Salei</i> , <i>Lactobacillus Rhamnosis</i> , Fructo-Oligosaccharides, Amylase, Protease, Lipase, Cellulase, Lactase.	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Steviol glycosides, citric acid, natural flavors.

**CONTAINS SOY & GLUTEN.**

**SUGGESTED USE:** Open packet and place the entire contents of the packet into 4-6 oz. of water and stir. May also be put in juice, a smoothie, or other beverage. Some caking may occur. This does not affect the safety or integrity of the product.



†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.



# BONE & JOINT



## ActivJoint™ Tablets

(180 tab-ARX01)

For years, most people thought that experiencing those minor aches and pains is part of growing older and just part of the aging process. Fortunately, the experts at Trace Minerals Research don't feel that way. ActivJoint™ provides a certified vegan bone & joint formula that contains magnesium, boron, full spectrum minerals and trace minerals and combines them with calcium and a whole array of herbs and enzymes which help support joint mobility and flexibility.†



## Supplement Facts

Serving Size 6 tablets  
Servings Per Container 15

Amount Per Serving	%DV
Calories .....	25
Total Fat .....	1g ..... 1%*
Total Carbohydrate .....	4g ..... 1%*
Dietary Fiber .....	1g ..... 4%*
Calcium (as Calcium Citrate, Calcium Sulfate).....	355mg ..... 27%
Iron (from ITM).....	0.8mg ..... 4%
Magnesium (from ITM, Magnesium Citrate).....	350mg ..... 83%
Chloride (from ITM, Sodium Chloride, Potassium Chloride) .....	1000mcg DFE ..... 43%
Sodium (as Sodium Chloride) .....	60mg ..... 2%
Potassium (as Potassium Chloride, ITM) .....	75mg ..... 1000%
Herbal Blend .....	2395mg ..... **
Alfalfa (Medicago sativa), Burdock (Arctium lappa) root, Cayenne (Capsicum annuum), Boswellia (Boswellia serrata) leaf ext, Turmeric (Curcuma longa) root, Pine Bark (Pinus pinaster) ext, Devil's Claw (Harpagophytum procumbens) root, Sarsaparilla (Smilax medica) root, Yucca (Yucca schidigera) root.	
Ionic Trace Minerals (ITM) Complex .....	2.1g ..... **
A complex of concentrated ionic trace minerals as found in seawater.	
Sulfate (from ITM, Calcium Sulfate).....	130mg ..... **
Enzyme Blend .....	79mg ..... **
Bromelain, Amylase, Lipase, Cellulase, Protease.	
Boron (as Boron Citrate, ITM) .....	4mg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, croscarmellose sodium, microcrystalline cellulose, calcium stearate, hypromellose, silica, CarboWax™.

**CONTAINS SHELLFISH (SHRIMP). GLUTEN FREE.**

**Suggested Use:** Take 6 tablets daily. When desired, use 2-4 tablets daily for maintenance or use with one of our liquid nutritional supplements that also supports an active lifestyle.†

## Liquid Glucosamine/Chondroitin/MSM

(16-LGCM01 & 32 oz.-LGCM02 sizes)

Glucosamine/Chondroitin/MSM (Methyl-sulfonyl-methane) is a dietary supplement formulated with glucosamine sulfate, chondroitin sulfate, and MSM to provide nutritional support for an active lifestyle.† We supercharged the formula with a full spectrum of ionic trace minerals from concentrated seawater to provide your body with the nutrients it needs for optimum health and wellness.†



## Supplement Facts

Serving Size 6 tablets  
Servings Per Container 15

Amount Per Serving	%DV
Calories .....	20
Total Carbohydrate .....	5g ..... 2%*
Glycerol.....	5g ..... **
Magnesium (from ITM) .....	30mg ..... 7%
Chloride (from ITM).....	175mg ..... 8%
Sodium .....	50mg ..... 2%
Potassium .....	175mg ..... 4%
Glucosamine Sulfate .....	1500mg ..... **
MSM (Methyl-Sulfonyl-Methane) .....	1000mg ..... **
Chondroitin Sulfate .....	750mg ..... **
Ionic Trace Minerals (ITM) Complex .....	450mg ..... **
Sulfate (from Glucosamine, Chondroitin, ITM) .....	200mg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, natural vegetable glycerin, natural flavors blend (fruit juice concentrate, natural blueberry flavor), citric acid, xanthan gum, potassium sorbate and potassium benzoate (for freshness).

**CONTAINS SHELLFISH (CRAB, SHRIMP). GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 1 to 2 tbsp. daily (1 capful = 2 tbsp.) alone or mixed into water or your favorite beverage. Rinse cap after each use. **REFRIGERATE AFTER OPENING.**

## Liquid Cal/Mag/Zinc - Pina Colada & Strawberry Flavors

(16 & 32 oz. sizes-LCMXX)

is a complementary blend of premium forms of calcium, magnesium, and zinc that has been supercharged with Ionic Trace Minerals to help ensure the highest assimilation and balance of these minerals in the body.† We've also included vitamin D to create a formula that provides complete nutrition to maintain bone, muscle, and connective tissue health.†



### Supplement Facts

Serving Size 2 tbsp (30mL) 1 capful=2 tbsp  
Servings per container 32

Amount Per Serving	% DV
Calories	40
Total Carbohydrate	10g 4%*
Total Sugars	7g **
Includes 7g Added Sugars	14%
Glycerol	3g **
Vitamin D3 (as Cholecalciferol)	10.6mcg (425 IU) 53%
Calcium (as Tri-Calcium phosphate, Calcium Citrate, Calcium Gluconate)	1200mg 92%
Iron (from ITM)	1mg 6%
Iron (as Iron Glycinate)	3mg 17%
Phosphorus (from Tri-Calcium phosphate)	265g 63%
Magnesium (from Magnesium Citrate, ITM)	600mg 143%
Zinc (as Zinc Gluconate)	15mg 136%

Amount Per Serving	% DV
Chloride (from ITM)	75mg 3%
Sodium (from ITM)	5mg <1%
Ionic Trace Minerals (ITM) Complex	435mg **
Boron (from ITM)	275mcg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, natural vegetable glycerine, natural flavors blend (pineapple, coconut, natural flavors), citric acid, phosphoric acid, xanthan gum, potassium benzoate & potassium sorbate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** SHAKE VIGOROUSLY. Take 1 to 2 tbsp. daily (one capful = 2 tbsp.), to top off or fully supplement your diet. As this is a highly concentrated product, we recommend starting with 1 tbsp. and increase as needed, ideally spread throughout the day. We also recommend taking this product mixed into or with a large glass of liquid for the best isotonic balance. Excess magnesium may cause a laxative effect. Rinse cap after each use. **REFRIGERATE AFTER OPENING.**

## Complete Calcium & Magnesium 1:1

(120 tab-CAM01)

Did you know that taking one mineral with a balance of other minerals and trace minerals improves absorption? It also prevents deficiencies in the mineral's antagonists and positively balances the chain reactions involving minerals, which in turn affects all areas of the body and nutrition.† Our Complete Calcium & Magnesium 1:1 contains only the finest quality ingredients. A unique blend of calcium citrate, calcium malate, and a specially precipitated calcium carbonate was selected for maximum absorption.† We combined magnesium, nutritional enhancers, including vitamins C & D, boron, potassium, grapefruit, horsetail, and Ionic Trace Minerals for a complete formula you can trust.†



### Supplement Facts

Serving Size 4 Tablets  
Servings per container 30

Amount Per Serving	% DV
Calories	10
Total Carbohydrate	2g 1%*
Dietary Fiber	1g 4%*
Vitamin C (as Ascorbic Acid)	50mg 56%
Vitamin D (as Cholecalciferol)	10mcg 50%
Calcium (as Ca. Carbonate, Ca. Citrate, Ca. Malate, Ca. Sulfate)	500mg 38%
Iron (from ITM)	0.65mg 4%
Magnesium (from Mg. Oxide, Mg. Citrate, ITM)	500mg 119%
Chloride (from ITM, Potassium & Sodium Chloride)	450mg 20%
Sodium (from Sodium Chloride, ITM)	20mg 1%
Potassium (from Potassium Chloride)	125g 3%
Ionic Trace Minerals (ITM) Complex	990mg **
A concentrated complex of full spectrum ionic trace minerals.	

Amount Per Serving	% DV
Herbal Blend and Food Base	250mg **
Wheatgrass (Triticum aestivum) Whole, Alfalfa (Medicago sativa) Juice Extract, Horsetail (Equisetum arvense) Whole & Extract, Watercress (Nasturtium ocinale) Whole, Strawberry (Fragaria virginiana) Leaf, Grapefruit (Citrus paradise) Seed Extract, Sulfate (from ITM, Calcium Sulfate)	65mg **
Boron (from Boron Citrate, ITM)	4mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, croscarmellose sodium, microcrystalline cellulose, hypromellose, magnesium stearate, silicon dioxide, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take 4 tablets daily with food or at mealtime for optimum benefits.

## Glucosamine/Chondroitin/MSM

(120 tab-GCMC01)

Glucosamine, Chondroitin and MSM with Ionic Trace Minerals is a dietary supplement providing full spectrum, body-balanced trace minerals in combination with Glucosamine, Chondroitin and MSM to give complete nutritional support for bone and joint health.† We've added 1500 mg of Glucosamine, 800 mg of Chondroitin, and 1000 mg of MSM to each daily serving to help you achieve more mobility and activity for a better quality of life.†



### Supplement Facts

Serving Size 4 Tablets  
Servings per container 30

Amount Per Serving	% DV
Calories	15
Total Carbohydrate	2g 1%*
Protein	1g 2%*
Magnesium (from ITM)	60mg 14%
Chloride (from Gluco. Sulfate 2KCl, ITM, NaCl, KCl)	450mg 20%
Sodium (as Sodium Chloride)	90mg 4%
Potassium (from Glucosamine Sulfate 2KCl, KCl)	250mg 5%
Glucosamine Sulfate (as Glucosamine Sulfate 2KCl)	1.5g **
Methyl-Sulfonyl-Methane (MSM)	1000mg **

Amount Per Serving	% DV
Chondroitin Sulfate	800mg **
Ionic Trace Minerals (ITM) Complex	422mg **
A concentrated complex of full spectrum ionic trace minerals.	
Sulfate (from Gluc. Sulfate, Chon. Sulfate, ITM)	325mg **
Alfalfa (Medicago sativa) Leaf Juice Extract 5:1	86mg **
Boron (from Boron Citrate, ITM)	550mcg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, hypromellose, magnesium stearate, silica, Carbowax™.

**CONTAINS CRUSTACEAN SHELLFISH (SHRIMP). GLUTEN FREE.**

**Suggested Use:** Take 2-4 tablets daily with food or at mealtime for best results. Take 4 tablets for optimum benefits, 2 tablets for daily maintenance.



**Coral Calcium with Ionic Trace Minerals**  
(60 vegetarian caps-COC01)

Coral Calcium with ConcenTrace contains a highly absorbable form of every mineral needed by the body.† Trace Minerals Research® provides only pure petrified coral that is ecologically safe. We have also added ConcenTrace®, a complex of over 72 ionic trace minerals from the pristine waters of the Great Salt Lake in Utah. It is the best form of trace minerals available because of its concentration, balance, and perfect pH level.†

Supplement Facts	
Serving Size 2 Capsules Servings Per Container 30	
Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate .....	1g <1%*
Vitamin C (as Ascorbic Acid) .....	75mg 83%
Vitamin D (as Cholecalciferol) .....	10.6mcg (425IU) 53%
Calcium (as 1145 mg Coral Calcium) .....	450mg 35%
Magnesium (as Mag. Oxide & ITM) .....	200mg 48%
Zinc (as Zinc Citrate) .....	12mg 109%

Amount Per Serving	%DV
Chloride (from ITM) .....	30mg 1%
Ionic Trace Mineral (ITM) Complex .....	130mg **
Boron (from Boron Citrate, ITM) .....	290mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, hypromellose, microcrystalline cellulose, magnesium stearate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Take two vegetarian capsules daily with food.



**ActivJoint™**  
(30 packets-AJT01)

ActivJoint™ is a conveniently packaged powdered drink for individuals who need added support to bones, joints and ligaments before, during and after strenuous activity. Take ActivJoint™ in the morning for daily maintenance of joints and connective tissues to promote increased joint mobility. ActivJoint™ should also be taken after participating in strenuous activities to help provide your body the proper building blocks it needs to keep your joints flexible and healthy.† We also added full spectrum ionic trace minerals to support healthy mineral balance in the body.†

Supplement Facts	
Serving Size 2 Capsules Servings Per Container 30	
Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate .....	3g 1%*
Total Sugars .....	3g **
Includes 3g Added Sugars .....	6%*
Sodium (as Sodium Bicarbonate) .....	155mg 7%
Glucosamine HCl .....	1200mg **
Chondroitin Sulfate .....	500mg **
Methyl-Sulfonyl-Methane (MSM) .....	300mg **
Ionic Trace Minerals Complex .....	130mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Crystalline fructose, citric acid, natural flavors blend (tangerine, orange), stevia leaf extract.

**CONTAINS SHELLFISH (CRAB, SHRIMP). GLUTEN FREE.**

**Suggested Use:** Mix one packet with 4-6 oz. of water and take with food or at mealtime for best results. Some caking may occur. This does not affect the quality or integrity of the product.



**ActivJoint™ Platinum**  
(90 tab-ARPL01 & 180 tab-ARPL02)

Joint discomfort and stiffness is an unfortunate side effect of getting older. But many times that pain and stiffness can decrease your ability to participate in activities you once enjoyed. But this doesn't have to be. ActivJoint™ Platinum is the most complete dietary supplement designed to support healthy bone, joint, and ligament mobility so you can take your life back!†

Supplement Facts	
Serving Size 6 tablets Servings Per Container 15	
Amount Per Serving	%DV
Calories .....	25
Total Carbohydrate .....	4g 1%*
Dietary Fiber .....	1g 4%*
Protein .....	1g 2%*
Riboflavin [Vitamin B2] .....	8mg 2941%
Vitamin B6 (as Pyridoxine HCl) .....	50mg **
Folate (as 530mcg of Folic Acid) .....	900mcg DFE 225%
Vitamin B12 (as Cyanocobalamin) .....	120mcg 5000%
Pantothenic Acid (as d-Calcium Pantothenate) .....	50mg 1000%
Calcium (as Calcium Citrate, d-Calcium Pantothenate) .....	55mg 4%
Iron (from ITM) .....	0.75mg 4%
Magnesium (from ITM, Magnesium Oxide) .....	220mg 52%
Chloride (from ITM, Gluc. HCl/Sulfate 2KCl, KCl, NaCl) .....	750mg 33%
Sodium (from Sodium Chloride, ITM) .....	70mg 3%
Potassium (from Gluc. Sulfate 2KCl, KCl, ITM) .....	175mg 4%

Amount Per Serving	%DV
Herbal Blend .....	2107mg **
Alfalfa (Medicago sativa) Aerial, Burdock (Arctium lappa) Root, Cayenne (Capsicum annuum) Fruit, Horsetail (Equisetum arvense) Aerial, Devils Claw (Harpagophytum procumbens) Root, Sarsaparilla (Smilax aristolochifolia) Root, Hydrangea (Hydrangea arborescens) Root, Red Clover (Trifolium pratense) Flower, Yucca (Yucca schidigera) Root, Celery (Apium graveolens) Seed.	
Ionic Trace Minerals (ITM) .....	1.6g **
A concentrated complex of full spectrum ionic trace minerals.	
Glucosamine Complex (contains equal parts)	
Glucosamine Sulfate 2KCl and Glucosamine HCl .....	1.2g **
Methyl-Sulfonyl-Methane (MSM) .....	800mg **
Sulfate (from Gluc./Chon. Sulfate & ITM) .....	700mg **
Chondroitin Sulfate .....	600mg **
Enzyme Blend .....	270mg **
Bromelain, Serratiopeptidase, Amylase, Lipase, Cellulase, Protease, Papain.	
Boron (from Boron Citrate, ITM) .....	2mg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hypromellose, calcium stearate, Carbowax™.

**CONTAINS SHELLFISH (SHRIMP). GLUTEN FREE.**

**Suggested Use:** Take 3-6 tablets daily, taken with food. Take 6 tablets for optimum benefits.





# CHILDREN'S



## Children's Chewable Probiotic

(30 chewables-KPR01)

Children's Chewable Probiotic is a delicious chewable your children will love! It's well known that there are many factors that cause a decrease in intestinal flora. Some of these factors include poor diet, especially diets low in fiber and high in sugar, medications, stress, and even travel. Decreased intestinal flora can cause the digestive system to function incorrectly, allowing critical nutrients to pass through the digestive system without being broken down and absorbed.† Therefore, taking a probiotic like Children's Chewable Probiotic daily can help support a healthy balance of intestinal bacteria and maintain a healthy-functioning digestive system.†



## Supplement Facts

Serving Size 1 chewable wafer  
Servings Per Container 30

Amount Per Serving	%DV
Probiotic 3 Billion CFUs† Proprietary Blend ..... 24mg** ..... *	
<i>Lactobacillus acidophilus, Bidobacterium lactis, Bidobacterium infantis, Bidobacterium breve.</i>	
Inulin (Prebiotic) ..... 60mg ..... *	

†Daily Value (DV) not established.  
\*\*At time of manufacture.  
‡Colony Forming Units (CFUs).

**Other Ingredients:** Xylitol, natural grape flavor, stearic acid, citric acid, silica, magnesium stearate, steviol glycosides.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Children age 2 and over take 1 chewable daily on an empty stomach. **REFRIGERATE AFTER OPENING.**

## FMB: Feed My Brain

(60 chewable wafers-FMB01)

FMB is an exclusively formulated dietary supplement developed by Alexander Schauss, PhD, a Fellow of the American College of Nutrition (FACN) and a Certified Food Scientist (CFS), based on nearly 40 years of research. FMB has been scientifically formulated to provide nutritional support to the brain during a child and young adult's formative years to help optimize its function, particularly to support academic achievement.

## Supplement Facts

Serving Size 6 tablets  
Servings Per Container 15

Amount Per Serving	%DV	%DV
	age 1-3	≥age 4
Calories .....	5	
Total Carbohydrate .....	5	1%¹ ..... <1%*
Xylitol..... 1g ..... ** ..... **		
Vitamin A (as Beta Carotene) .....	19mcg RAE	6% ..... 2%
Vitamin C (from Calcium Ascorbate, Acerola (fruit) Extract).....	20mg	133% ..... 22%
Vitamin D (as Cholecalciferol).....	2.5mcg	17% ..... 13%
Vitamin E (as Mixed Tocopherols).....	3.4mcg	57% ..... 23%
Thiamin (Thiamin HCL) [Vitamin B1].....	0.38mcg	76% ..... 32%
Riboflavin [Vitamin B2].....	0.43mcg	86% ..... 33%
Niacin (as Niacinamide).....	5mg	83% ..... 31%
Vitamin B6 (as Pyridoxine HCl).....	0.5mg	100% ..... 29%
Folate (from 100mcg of Folic Acid).....	170mcg	113% ..... 43%
Vitamin B12 (as Methylcobalamin) .....	1.5mcg	167% ..... 63%
Biotin .....	50mcg	625% ..... 167%
Pantothenic Acid (as d-Calcium Pantothenate).....	6.8g	340% ..... 136%
Choline (as Bitartrate).....	5mcg	3% ..... 1%
Calcium (as Calcium Malate) .....	12.5mg	2% ..... 1%
Iron (as Ferrous Bisglycinate) .....	1mg	14% ..... 6%
Magnesium (as Magnesium Aspartate) .....	6mg	8% ..... 1%
Zinc (as Zinc Citrate).....	2mg	67% ..... 18%
Selenium (as Selenium Glycinate).....	50mcg	250% ..... 91%
Copper (as Copper Citrate).....	0.05mg	17% ..... 6%
Manganese (as Manganese AAC) .....	1mg	83% ..... 43%
Chromium (as Chromium AAC).....	25mcg	227% ..... 71%
Molybdenum (from Molybdenum Krebs [Citrate, Fumarate, Malate, Glutarate, Succinate]) 10mcg .....	59% ..... 22%	
Enzyme Blend .....	213mcg	** ..... **
Bromelain, Amylase, Protease, Cellulase, Lipase, Papain.		



Amount Per Serving %DV %DV  
age 1-3 ≥age 4

FMB Food Blend .....	49mg	** ..... **
Acerola Cherry (Malpighia glabra) Fruit, Citrus Bioflavonoid 50%, Ionic Trace Minerals, Grapefruit (Citrus paradisi) Fruit Pectin, Grape (Vitis vinifera) Seed Extract, Grape (Vitis vinifera) Skin, Apple (Malus domestica) Fruit Powder, Apple (Malus domestica) Fruit Pectin, Papaya (Carica papaya) Leaf, Citrus Bioflavonoid 10%, Cranberry (Vaccinium macrocarpon) Fruit, Desert Date (Balanites aegyptiaca) Fruit Extract, Rose (Rosa canina) Hips, Beet (Beta vulgaris) Root, Spinach (Spinacia oleracea) Leaf, Spirulina (Arthrospira platensis), Rice (Oryza sativa) Seed Flour, Atlantic Kelp (Laminaria digitata).		
L. acidophilus (LA-14) 860 Million CFUs\$ .....	4.3mg	** ..... **
Inositol .....	1.7mg	** ..... **
Boron (as Boron AAC).....	1mg	** ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

¹Percent Daily Values are based on a 1,000 calorie diet.

\*\*Daily Value not established.

‡Colony Forming Units (CFUs) at time of manufacture.

**Other Ingredients:** Natural flavors blend (fruit punch, pineapple), steviol glycosides, citric acid, silica, NON-GMO maltodextrin, stearic acid, magnesium stearate, microcrystalline cellulose, hypromellose, potassium citrate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Children & youth age 4-17 take 2 wafers daily; children age 2-3 take 1 wafer daily.

## Complete Children's C chewable

(60 chewable wafers-CCC01)

This dietary supplement is a great tasting complete multi with vitamins and minerals and trace minerals your active child needs to help grow healthy and strong.† It is sweetened with stevia, inulin, and all natural flavors for an all natural pure great taste. Best of all, it is backed by our money back guarantee.



## Supplement Facts

Serving Size 2 wafers  
Servings Per Container 30

Amount Per Serving	%DV	
	age 1-3	≥age 4
Total Carbohydrate	1g	1% <sup>†</sup> <1% <sup>†</sup>
Total Sugar	1g	**
Includes 1g of Added Sugars	4% <sup>†</sup>	2% <sup>†</sup>
Vitamin A (as Beta Carotene)	375mcg RAE	125% 42%
Vitamin C (as Ascorbic Acid)	25mg	167% 28%
Vitamin D (as Cholecalciferol)	5mcg	33% 25%
Vitamin E (as d-alpha Tocopherol)		
Acid Succinate)	10mg	167% 67%
Vitamin K (as Phytonadione)	2.5mcg	8% 2%
Thiamin (as Thiamin Mononitrate)	0.75mg	150% 63%
Riboflavin (Vitamin B2)	0.85mg	170% 65%
Niacin (as Niacinamide)	10mg	167% 63%
Vitamin B6 (as Pyridoxine HCl)	1mg	200% 59%
Folate (as 190mcg of Folic Acid)	316mcg DFE	211% 79%
Vitamin B12 (as Cyanocobalamin)	3mcg	333% 125%
Biotin	75mcg	938% 250%
Pantothenic Acid (as D-Cal Pantothenate)	5mg	250% 100%
Calcium (as Calcium Citrate)	100mg	14% 8%
Iron (as Ferrous Fumarate)	9mg	129% 50%
Iodine (as Potassium Iodide)	20mcg	22% 13%
Magnesium (as Magnesium Oxide)	25mg	31% 6%
Zinc (as Zinc Oxide)	1.3mg	43% 12%
Selenium (as Sodium Selenite)	15mcg	75% 27%
Manganese (as Mang. Gluconate)	0.3mg	25% 13%
Chromium (as Chromium Chloride)	10mcg	91% 29%
Molybdenum (as Sodium Molybdate)	13mcg	76% 29%

Amount Per Serving	%DV	
	age 1-3	≥age 4
Ionic Trace Minerals (ITM) Complex	50mg	**
Inulin (Chicory [Cichorium intybus] Root)	20mg	**
Lemon Bioavonoid	5mg	**
Ginger (Zingiber ocinale) Root Extract	2.5mg	**
Rutin	2.5mg	**
Lycopene (Solanum lycopersicum)	125mcg	**
Lutein	125mcg	**
Boron (as Sodium Borate)	65mcg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Fructose, dextrose, natural avors blend (black currant, grape, cherry juice, other natural avor), citric acid, microcrystalline cellulose, stearic acid, magnesium stearate, silica, ExBerry® cherry red powder (color), steviol glycosides, peppermint (Mentha piperita) leaf powder.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Children age 4, chew 2 wafers daily. Children age 1-3, chew 1 wafer daily.

## Liquid Kid's Multi

(8 oz.-LMT01)

Formulated just for children, this full-spectrum liquid multivitamin tastes great. In addition to providing your kids with the essential minerals and vitamins they need to grow up strong and healthy, we've also added a complex of over 72 ionic trace minerals for to help support healthy mineral balance, energy production, and development.†



## Supplement Facts

Serving Size 2 wafers  
Servings Per Container 30

Amount Per Serving	%DV	
	age 1-3	≥age 4
Calories	10	
Total Carbohydrate	2g	1% <sup>†</sup> <1% <sup>†</sup>
Total Sugars	2g	**
Includes 2g of Added Sugars	8% <sup>†</sup>	2% <sup>†</sup>
Vitamin A (as Retinyl Palmitate)	750mcg RAE	250% 83%
Vitamin C (as Ascorbic Acid)	100mg	667% 111%
Vitamin D3 (as Cholecalciferol)	24mcg	160% 120%
Vitamin E (as d-a Tocopherol Acetate)	20mg	333% 133%
Thiamin (as Thiamin HCL) [Vitamin B1]	1.5mg	300% 125%
Riboflavin (Vitamin B2)	1.5mg	300% 115%
Niacin (as Niacinamide) [Vitamin B3]	12mg	200% 75%
Vitamin B6 (as Pyridoxine HCl)	5mg	1000% 294%
Folate (as 375mcg of Folic Acid)	638mcg DFE	425% 160%
Vitamin B12 (as Methylcobalamin)	9mcg	1000% 375%
Biotin	70mcg	875% 233%
Pantothenic Acid (as d-Calcium Pantothenate)	10mg	500% 200%
Choline (as Bitartrate)	3mg	2% 1%
Magnesium (from ITM)	2mg	3% <1%
Zinc (as Zinc Gluconate)	5mg	167% 45%
Selenium (as Selenium Methionine)	20mcg	100% 36%
Manganese (as Manganese Gluconate)	2mg	167% 87%
Chromium (as Chromium AAC)	10mcg	91% 29%

Amount Per Serving	%DV	
	age 1-3	≥age 4
Chloride (from ITM)	75mg	5% 3%
Potassium (as Potassium Citrate)	5mg	<1% <1%
Ionic Trace Mineral (ITM) Complex	30mg	**
A concentrated complex of full spectrum ionic trace minerals.		
Inositol	3mg	**
Sulfate (from ITM)	5mg	**
PABA (Para-Aminobenzoic Acid)	45mcg	**
Boron (from ITM)	20mcg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

‡Percent Daily Values (DV) are based on a 1,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Purified water, juice concentrate blend (pineapple, peach, pear), pure cane sugar, glycerin, natural avors, xanthan gum, potassium sorbate & potassium benzoate (for freshness), steviol glycosides.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

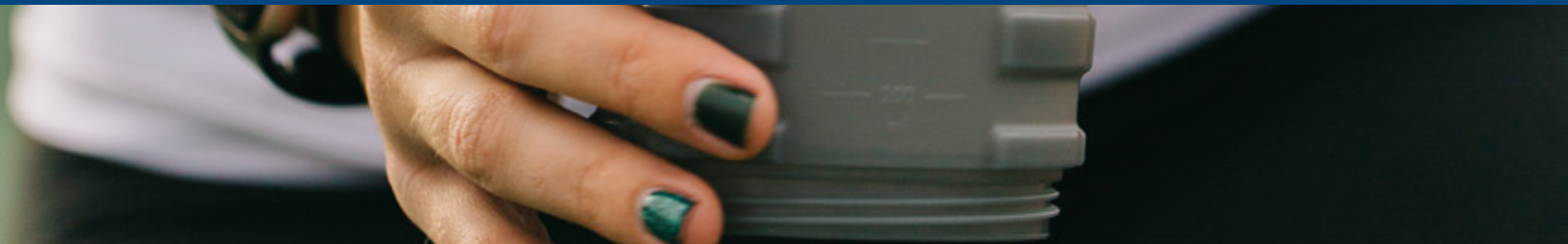
**Suggested Use:** SHAKE VIGOROUSLY. Mix with juice, water or other beverage for best results. Children age 4-12 take 1 teaspoon; children age 1-3 take 1/2 teaspoon.

**REFRIGERATE AFTER OPENING.**





# ENERGY & PERFORMANCE



## Sugar Free Electrolyte Stamina Power Pak

(30 Packets - ESPP28)

Sugar Free Electrolyte Stamina Power Pak has the same base formula as the original Power Pak line, but it's formulated with xylitol and stevia so there's no sugar. Sugar Free Power Pak is a citrus flavored, easy-to-fix high performance energy drink with no caffeine, artificial flavors, or artificial stimulants that contains 1200 mg of vitamin C, B vitamins, all major electrolytes, and a full spectrum of concentrated ionic trace minerals to support energy, immunity, and hydration. Sugar Free Power Pak is Keto friendly, gluten free, certified vegan, and Non-GMO.



## Supplement Facts

Serving Size 1 packet (5g)  
Servings per container 30

Amount per serving	%DV
Calories	5
Total Carbohydrate	1g <1%*
Vitamin C (as Ascorbic Acid)	1200mg 1333%
Thiamin [Vitamin B1] (as Thiamin HCL)	0.45mg 38%
Niacin (Vitamin B3)	5mg 31%
Vitamin B6 (as Pyridoxine HCL)	10mg 588%
Folate (as 20mcg of Folic Acid)	33mcg DFE 8%
Vitamin B12 (as Cyanocobalamin)	25mcg 1042%
Pantothenic Acid (as d-Calcium Pantothenate)	3mg 60%
Calcium (as Calcium Lactate)	60mg 5%
Magnesium (as Magnesium Oxide, ITM)	100mg 24%
Zinc (as Zinc Oxide)	3mg 27%
Selenium (as Sodium Selenite)	35mcg 64%
Manganese (as Manganese Citrate)	1mg 43%
Chromium (as Chromium Amino Acid Chelate)	10mcg 29%
Chloride (from ITM)	15mg 1%
Sodium (as Sodium Bicarbonate)	75mg 3%

Amount per serving	%DV
Potassium (from Potassium Citrate, ITM)	200mg 4%
Ionic Trace Minerals (ITM)	100mg **
A full spectrum of concentrated ionic trace minerals.	
Alpha Lipoic Acid	1mg **
Boron (from Boron Amino Acid Chelate, ITM)	175mcg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Certified organic cane sugar, citric acid, natural flavors blend (tangerine, other natural flavors), gum arabic (*Acacia senegal*) powder, malic acid, steviol glycosides, silica. Plus full spectrum ionic trace minerals.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

Also contains over 72 naturally-occurring ionic trace minerals as found in seawater.

**Suggested Use:** Take 1 packet daily. Open packet, mix contents with 2-3 oz. of water & dilute to your taste preference. Additional packets may be taken depending on physical activity. Some caking may occur, but does not affect the quality of the product.

## Electrolyte Stamina Power Pak + Immunity

(30 Packets - ESPP30)

Electrolyte Stamina Power Pak + Immunity is our classic ESPP formula that's bursting with essential immune supporting antioxidants, including 1,200mg of Vitamin C, manganese, and selenium, and is now equipped with Elderberry, additional Zinc, and Vitamin D for even more immunity support.<sup>†</sup> It also features other vitamins, minerals, and electrolytes for daily energy and hydration.<sup>†</sup>



## Supplement Facts

Serving Size 1 packet (5.3g)  
Servings per container 30

Amount per serving	%DV
Calories	15
Total Carbohydrate	4g 1%*
Total Sugars	1g **
Includes 1g Added Sugars	2%*
Vitamin C (as Ascorbic Acid)	1200mg 1333%
Vitamin D3 (as Cholecalciferol)	12mcg 60%
Thiamin [Vitamin B1] (as Thiamin HCL)	0.45mg 38%
Niacin (Vitamin B3)	5mg 31%
Vitamin B6 (as Pyridoxine HCL)	10mg 588%
Folate (as 20mcg of Folic Acid)	33mcg DFE 8%
Vitamin B12 (as Cyanocobalamin)	25mcg 1042%
Pantothenic Acid (as d-Calcium Pantothenate)	3mg 60%
Calcium (as Calcium Lactate)	60mg 5%
Magnesium (as Magnesium Oxide, ITM)	100mg 24%
Zinc (as Zinc Oxide)	10mg 91%
Selenium (as Sodium Selenite)	35mcg 64%
Manganese (as Manganese Citrate)	1mg 43%

Amount per serving	%DV
Chromium (as Chromium Amino Acid Chelate)	10mcg 29%
Chloride (from ITM)	15mg 1%
Sodium (as Sodium Bicarbonate)	75mg 3%
Potassium (from Potassium Citrate, ITM)	200mg 4%
Black Elderberry Extract	200g **
Ionic Trace Minerals (ITM)	100mg **
Alpha Lipoic Acid	1mg **
Boron (from Boron Amino Acid Chelate, ITM)	175mcg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Certified organic cane sugar, citric acid, natural flavors blend (tangerine, other natural flavors), gum arabic (*Acacia senegal*) powder, malic acid, steviol glycosides, silica. Plus full spectrum ionic trace minerals.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

Also contains over 72 naturally-occurring ionic trace minerals as found in seawater.

**Suggested Use:** Take 1 packet daily. Open packet, mix contents with 2-3 oz. of water & dilute to your taste preference. Additional packets may be taken depending on physical activity. Some caking may occur, but does not affect the quality of the product.



# 16 Flavors!

Available in the following great-tasting flavors:  
**Immunity Lemon Berry, Sugar Free Orange Mango, Sugar Free Citrus Acai Berry, Cherry Lime, Concord Grape, Cranberry, Guava Passion Fruit, Lemon Lime, Mixed Berry, Orange Blast, Pomegranate Blueberry, Pineapple Coconut, Raspberry, Tangerine, and Watermelon**

## NON-GMO Electrolyte Stamina Power Pak - 12 Flavors

(30 packets-ESPPXX)

Electrolyte Stamina Power Pak is an easy to fix supplement drink with no caffeine or artificial ingredients. This effervescent fizzing drink provides B vitamins, electrolytes, and antioxidants for maximum hydration and recovery.† Vitamin C helps the connective tissues recover faster when combined with Ionic Trace Minerals.† Vitamins without minerals are harder to assimilate. You will find all major electrolytes (potassium, magnesium, chloride and sodium) plus a full spectrum of ionic trace minerals in Electrolyte Stamina Power Pak. This provides the combination your body needs for maximum hydration.†

Supplement Facts vary slightly with each flavor. The below supplement facts are for the Tangerine flavor.

Supplement Facts	
Serving Size 1 packet (5g) Servings per container 30	
Amount per serving	%DV
Calories	5
Total Carbohydrate	1g <1%*
Vitamin C (as Ascorbic Acid)	1200mg 1333%
Thiamin [Vitamin B1] (as Thiamin HCL)	0.45mg 38%
Niacin (Vitamin B3)	5mg 31%
Vitamin B6 (as Pyridoxine HCL)	10mg 588%
Folate (as 20mcg of Folic Acid)	33mcg DFE 8%
Vitamin B12 (as Cyanocobalamin)	25mcg 1042%
Pantothenic Acid (as d-Calcium Pantothenate)	3mg 60%
Calcium (as Calcium Lactate)	60mg 5%
Magnesium (as Magnesium Oxide, ITM)	100mg 24%
Zinc (as Zinc Oxide)	3mg 27%
Selenium (as Sodium Selenite)	35mcg 64%
Manganese (as Manganese Citrate)	1mg 43%
Chromium (as Chromium Amino Acid Chelate)	10mcg 29%

Amount per serving	%DV
Chloride (from ITM)	15mg 1%
Sodium (as Sodium Bicarbonate)	75mg 3%
Potassium (from Potassium Citrate, ITM)	200mg 4%
Ionic Trace Minerals (ITM)	100mg **
A full spectrum of concentrated ionic trace minerals.	
Alpha Lipoic Acid	1mg **
Boron (from Boron Amino Acid Chelate, ITM)	175mcg **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 \*\*Daily Value not established.

**Other Ingredients:** Certified organic cane sugar, citric acid, natural flavors blend (tangerine, other natural flavors), gum arabic (*Acacia senegal*) powder, malic acid, steviol glycosides, silica. Plus full spectrum ionic trace minerals.

**CERTIFIED VEGAN. NON-GMO.**

**NO KNOWN ALLERGENS. GLUTEN FREE.**

Also contains over 72 naturally-occurring ionic trace minerals as found in seawater.

**Suggested Use:** Take 1 packet daily. Open packet, mix contents with 2-3 oz. of water & dilute to your taste preference. Additional packets may be taken depending on physical activity. Some caking may occur, but does not affect the quality of the product.

## Keto Electrolyte Powder

(55 Servings - KELL01)

KETO Electrolyte Powder, a great-tasting, sugar free, Keto-friendly lemon-lime flavored powder that—when added to water—creates a rapidly hydrating drink to help replenish lost electrolytes through sweating and energize the body after any sport or workout, without all the sugar and carbs that can cause weight gain, which can make it harder to reach health and workout goals. The potent formula boasts zero carbohydrates and 1320mg of total electrolytes, including a full spectrum of ionic trace minerals for sustained endurance, muscle recovery, and to help avoid muscle cramps. It's also gluten free, certified vegan, and Non-GMO.



Supplement Facts	
Serving Size 1 scoop (6 g) Servings Per Container 55	
Amount Per Serving	% DV
Calcium (as Calcium Lactate)	75mg 6%
Magnesium (from Magnesium Citrate)	120mg 29%
Chloride (from Sea Salt)	15mg 1%
Sodium (from Sea Salt)	10mg <1%
Potassium (from Potassium Citrate)	1000mg 21%
Electrolyte Mineral Complex	100mg **
A concentrated complex of electrolytes and ionic trace minerals.	

\*\*Daily Value (DV) not established.

**Other Ingredients:** Citric acid, natural flavors, malic acid, steviol glycosides.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**Suggested Use:** Mix 1 scoop (6 g) with 16 oz of water. Follow with plenty of fluids for efficient hydration.



## Keto Electrolyte Tablets

(KET01)

Keto Electrolytes is a potent electrolyte formula that is ideal for anyone on the Keto Diet. It provides full spectrum electrolytes your body may be lacking to help avoid electrolyte imbalance, dehydration, leg or other muscle cramps, which are part of what is termed as the “keto flu.” ‡ Keto Electrolyte Tablets also contain Vitamin B6 (P-5-P) and Taurine to help get magnesium into the cells more effectively to help maintain muscle stamina, support ATP production, and promote cardiovascular health. ‡

### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 50

Amount Per Serving	%DV
Calories .....	15 ..... 11%
Total Carbohydrate .....	2g ..... 1%*
Vitamin B6 (as Pyridoxal-5-Phosphate) .....	2mg ..... 118%
Iron (as Iron Glycinate) .....	5mg ..... 28%
Magnesium (from ITM, Magnesium Glycinate) .....	250mg ..... 60%
Chloride (from ITM, Sodium & Pot. Chloride).....	800mg ..... 35%
Sodium (from Sodium Chloride, ITM) .....	270mg ..... 12%
Potassium (as Potassium Citrate, Potassium Chloride) .....	575mg ..... 12%
Ionic Trace Mineral (ITM) Complex.....	1530mg ..... **

A concentrated complex of full spectrum ionic trace minerals.

Amount Per Serving	%DV
Sulfate (from ITM).....	110mg ..... **
Kelp (Laminaria digitata) Extract .....	100mg ..... **
Taurine.....	100mg ..... **
Alfalfa (Medicago sativa) Leaf.....	50mg ..... **
Boron (from ITM, Boron Citrate).....	2mg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 4-6 tablets daily, depending on activity, divided with meals and before and after periods of physical activity. Take with large amounts of fluid.



## Keto Electrolyte Drops 4 oz

(KED01)

Keto Electrolyte Drops is a potent electrolyte formula that is ideal for anyone on the Keto Diet. It provides full spectrum electrolytes your body may be lacking to help avoid electrolyte imbalance, dehydration, leg or other muscle cramps, which are part of what is termed as the “keto flu.”

We also suggest using TM Keto Electrolyte Tablets for any even more potent electrolyte formula.

### Supplement Facts

Serving Size ½ tsp. (2.5 mL)  
Servings Per Container 48

Amount Per Serving	%DV
Magnesium .....	190mg ..... 45%
Chloride .....	600mg ..... 26%
Sodium (seawater).....	105mg ..... 5%
Potassium (Pot. Chloride).....	150mg ..... 4%
Sulfate (from ITM).....	20mg ..... *
Boron .....	950mcg ..... *

\*Daily Value not established.

**Other Ingredients:** Stearic acid, microcrystalline cellulose, croscarmellose sodium, hypromellose, magnesium stearate.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE: SHAKE VIGOROUSLY.** Add 1 teaspoon (approximately 80 drops) to a large glass of juice, sports drink, or other beverage before, during, or after strenuous activity to help maintain healthy electrolyte levels in the body for improved performance and fewer muscle cramps. † Can also be used to help prevent night muscle cramps. † Store at room temperature. Some crystallization may occur, but will not affect the quality or integrity of the product.





# MULTIVITAMINS



## Complete Foods Multi™

(120 tab-CFM02 & 240 tab-CFM01)

Complete Foods Multi™ is like a high powered smoothie, but in a convenient tablet form. Complete Foods Multi™ is packed with over 170 living foods, organic sea minerals from Ionic Trace Minerals, vitamins and minerals. This proprietary ingredient and process provides one of the highest quality, all natural multi-food, multi-vitamin & multi-mineral formulas available. A recent study published in JAMA (Journal of American Medical Association) suggested that adults should take a Multi-Vitamin daily. Complete Foods Multi™ provides that plus the benefits of natural nutrients found in foods that are greatly missing in the typical American diet.†



## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 60

Amount Per Serving	%DV
Calories .....	20
Total Fat .....	1g ..... 1%*
Total Carbohydrate .....	2g ..... 1%*
Dietary Fiber .....	1g ..... 4%*
Vitamin A (as Beta Carotene, Betatene)	
Natural Mixed Carotenoids 7.5%.....	1200mcg RAE ..... 133%
Vitamin C (as Ascorbic Acid) .....	200mg ..... 222%
Vitamin D3 (as Cholecalciferol).....	5mcg ..... 25%
Vitamin E (as d-Alpha Tocopherol Succinate).....	80mg ..... 533%
Potassium (as Potassium Citrate, Potassium Chloride) .....	575mg ..... 12%
Vitamin K (as Phytonadione).....	35mcg ..... 29%
Thiamin (as Thiamin HCl) .....	4mg ..... 333%
Riboflavin .....	4.5mg ..... 346%
Niacin (as Niacinamide) .....	30mg ..... 188%
Vitamin B6 (as Pyridoxine HCl).....	6mg ..... 353%
Folate (as 500mcg of Folic Acid) .....	833mcg DFE ..... 208%
Vitamin B12 (as Methylcobalamin) .....	150mcg ..... 6250%
Biotin .....	150mcg ..... 500%
Pantothenic Acid (as Calcium Pantothenate).....	30mg ..... 600%
Choline (as Choline Bitartrate) .....	20mg ..... 4%
Calcium (as Calcium Citrate).....	140mg ..... 11%
Iron (as Ferrous Fumarate) .....	4.5mg ..... 25%
Magnesium (from ITM, Magnesium Citrate).....	220mg ..... 52%
Zinc (as Zinc Amino Acid Chelate).....	7mg ..... 64
Selenium (as Sel. L-Selenomethionine).....	165mcg ..... 300%
Copper (as Copper Amino Acid Chelate) .....	0.35mg ..... 39%
Manganese (as Mang. Amino Acid Chelate) .....	2mg ..... 87%
Chromium (as Chromium Amino Acid Chelate) .....	130mcg ..... 371%
Molybdenum (as Moly. Amino Acid Chelate).....	75mcg ..... 167%
Sodium .....	35mg ..... 2%
Potassium (as Potassium Citrate) .....	145mg ..... 3%
Ionic Trace Mineral (ITM) Complex.....	1500mg ..... **
A concentrated complex of full spectrum ionic trace minerals.	

Vegetables, Greens, and Sea Vegetables Blend ..... 818mg ..... \*\*  
 Alfalfa (Medicago sativa) aerial, **Certified Organic Greens Blend 161mg**  
 (Alfalfa Leaf (Medicago sativa), Wheatgrass (Triticum aestivum), Barley Grass  
 (Hordeum vulgare), Oat Grass (Avenula pubescens), Broccoli (Brassica oleracea),  
 Cabbage (Brassica oleracea), Parsley (Petroselinum crispum), Kale (Brassica  
 oleracea), Spirulina (Spirulina platensis), Chlorella (Chlorella vulgaris), Dulse  
 (Palmaria palmata), Dandelion (Taraxacum officinale), Broccoli Sprouts (Brassica

## Amount Per Serving %DV

oleracea) Organic Spirulina (Spirulina platensis), Organic Sea Kelp (Ascophyllum nodosum), <b>Vegetable Blend 95mg</b> (Broccoli (Brassica oleracea), Carrot (Daucus carota), Tomato (Solanum lycopersicum), Beet (Beta vulgaris) Spinach (Spinacia oleracea), Cucumber (Cucumis sativus), Brussels Sprouts (Brassica oleracea), Cabbage (Brassica oleracea), Celery (Apium graveolens), Kale (Brassica oleracea), Asparagus (Asparagus ocnalis), Green Bell Pepper (Capsicum annuum), Cauliflower (Brassica oleracea), Parsley (Petroselinum crispum)) Chlorella (Chlorella vulgaris), Sodium Alginate, Bladderwrack (Fucus vesiculosus), Kelp (Laminaria digitata), Wakeme Algae (Undaria pinnatida).	
Fruit and Berry Blend .....	240mg ..... **
<b>Fruit/Berry Blend 100mg</b> (Pomegranate (Punica granatum), Blueberry (Vaccinium corymbosum), Blackberry (Rubus fruticosus), Raspberry (Rubus idaeus), Cranberry (Vaccinium oxycoccos), Concord Grape (Vitis labrusca), Cherry (Prunus avium), Apricot (Prunus armeniaca), Orange (Citrus sinensis), Strawberry (Fragaria ananassa)), <b>Fruit Blend 100mg</b> (Blueberry (Vaccinium corymbosum), Raspberry (Rubus idaeus), Blackberry (Rubus fruticosus), Strawberry (Fragaria ananassa), Plum (Prunus americana), Grape (Vitis vinifera), Apple (Malus pumila), Watermelon (Citrullus lanatus), Grapefruit (Citrus paradise), Lemon (Citrus limon), Cranberry (Vaccinium oxycoccos), Orange (Citrus sinensis)), Elderberry Extract (Sambucus nigra), Cranberry (Vaccinium macrocarpon).	
Botanical Blend .....	136mg ..... **
Turmeric (Curcuma longa) root, Oregano Leaf (Origanum vulgare) extract, Ginger (Zingiber ocinale) root, Rosemary (Rosmarinus ocnalis) leaf.	
Alpha Lipoic Acid.....	70mg ..... **
Bioavonoid Complex .....	50mg ..... **
Inositol .....	30mg ..... **
Mushroom Blend.....	28mg ..... **
Cordyceps Mushroom (Cordyceps sinensis) extract, Maitakei Mushroom (Grifola frondosa) extract, Reishi Mushroom (Ganoderma lucidium) extract, Poria Cocos (Wolporia extensa) sclerotium.	
PABA (Para Amino Benzoic Acid) .....	5mg ..... **
Boron (as Boron Citrate) .....	5mg ..... **
Lycopene.....	1mg ..... **
Lutein.....	1mg ..... **
Vanadium (as Vanadium Amino Acid Chelate).....	50mcg ..... **

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, croscarmellose sodium, hypromellose, microcrystalline cellulose, magnesium stearate, silicon dioxide, CarboWax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 2-4 tablets daily with food.

## Electro-Vita-Min

(EVM04 - 90 Tabs, EVM01 - 180 Tabs)

is the original food-based multi with over 30 years on the market! It is formulated to provide a complete synergistic blend of essential vitamins, minerals, green foods, omega fatty acids and enzymes that have been supercharged with a full-spectrum of electrolytes from Ionic Trace Minerals to help maintain optimum health and energy.†



## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 60

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	2g .....1%*
Dietary Fiber	1g .....4%*
Vitamin A (as Retinyl Palmitate, Beta Carotene)	750mcg RAE .....83%
Vitamin C (as Ascorbic Acid)	60mg .....67%
Vitamin D3 (as Cholecalciferol)	10mcg .....50%
Vitamin E (as D-Alpha Tocopherol Acid Succinate)	20mg .....133%
Vitamin K (as Phylloquinone)	80mcg .....67%
Thiamin (as Thiamin HCl)	3g .....250%
Riboflavin	2.6mg .....200%
Niacin (as Niacinamide)	30mg .....188%
Vitamin B6 (as Pyridoxine HCl)	3mg .....176%
Folate (as 400mcg of Folic Acid)	667mcg DFE .....167%
Vitamin B12 (as Methylcobalamin)	6mcg .....250%
Biotin	600mcg .....2000%
Pantothenic Acid (as D-Calcium Pantothenate)	15mg .....300%
Choline (as Bitartrate)	4mg .....1%
Calcium (as Calcium Carbonate)	100mg .....8%
Iron (as Ferrous Fumarate/Amino Acid Chelate)	9mg .....50%
Magnesium (from ITM, Mag. Oxide)	350mg .....83%
Zinc (as Zinc Citrate, Zinc Sulfate)	13.5mg .....123%
Selenium (as Selenium Amino Acid Chelate)	35mcg .....64%
Copper (as Copper Gluconate)	1mg .....111%
Manganese (as Manganese Amino Acid Chelate)	1mg .....43%
Chromium (as Chromium Polynicotinate)	60mcg .....171%

Amount Per Serving	%DV
Chloride (as Potassium Chloride, ITM)	725mcg .....32%
Sodium (from ITM, Sodium Citrate)	20mg .....1%
Potassium (as Pot. Chloride, Pot. Citrate)	100mg .....2%
Ionic Trace Mineral (ITM) Complex	2.5g .....**
A concentrated complex of full spectrum ionic trace minerals.	
Herb, Food & Enzyme Blend	245mg .....**
Alfalfa (Medicago sativa) leaf, Acerola (Malpighia glabra) fruit extract, Chlorella (Chlorella vargaris) whole, Spirulina (Arthrospira platensis), Wheat Grass (Triticum aestivum), Kelp (Laminaria digitata) extract, Citrus Bioavonoid Complex (10% Bioavonoids), Bromelain (Ananas comosus) stem, Rose Hips (Rosa canina) fruit, Yellow Dock (Rumex crispus) root, Lipase, Amylase, Cellulase, Protease, Papain (Carica papaya).	
Organic Flax (Linum usitatissimum) Seed Powder	
Containing Omega 3-6-9 Essential Fatty Acids	120mg .....**
Sulfate (from ITM, Zinc Sulfate)	100mg .....**
PABA (Para-Aminobenzoic Acid)	10mg .....**
Inositol	5mg .....**
Boron (from Boron Citrate, ITM)	2.5mg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Stearic acid, croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide, microcrystalline cellulose, calcium stearate, CarboWax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 1-3 tablets per day divided with meals. Take 3 tablets for optimum benefits.

## Liquid Multi Vitamin-Mineral

(Orange Mango-LVM01, Berry-LVM03; 30 oz.)

A dietary supplement formulated for the nutritional needs of men and women.† It's formulated with essential vitamins and minerals for prenatal nutrition, mature bone health, increased energy and stamina.† More than just a multi-vitamin, Liquid Multi Vitamin-Mineral is enhanced with 600 mg calcium, antioxidant vitamins, B-complex vitamins, ionic trace minerals, and sweetened with all natural cane sugar for a great taste.



## Supplement Facts

Serving Size 2 tbsp. (30mL; 2 tbsp. = 1 capful)  
Servings Per Container 30

Amount Per Serving	%DV
Calories	50
Total Carbohydrate	12g .....4%*
Sugar Alcohols	12g .....**
Vitamin A (as Beta Carotene & Palmitate)	2250mcg RAE .....250%
Vitamin C (as Ascorbic Acid)	300mg .....333%
Vitamin D3 (as Cholecalciferol)	10mcg .....50%
Vitamin E (as D-α Tocopherol Acetate)	24.7mg .....165%
Vitamin K (as Phytanadione)	70mcg .....58%
Thiamin (as Thiamin HCl)	3mg .....250%
Riboflavin [Vitamin B2]	3mg .....231%
Niacin (as Niacinamide) [Vitamin B3]	35mg .....219%
Vitamin B6 (as Pyridoxine HCl)	4mg .....235%
Folic Acid (as 400mcg of Folic Acid)	667mcg DFE .....167%
Vitamin B12 (as Cyanocobalamin)	6mcg .....250%
Biotin	300mcg .....1000%
Pantothenic Acid (from Calcium D-Pantothenate)	20mg .....400%
Choline (from Bitartrate)	20mg .....4%
Calcium (from Tricalcium Phosphate, Cal. Citrate)	600mg .....46%
Iron (from ITM)	0.4mg .....2%
Phosphorus (from Tricalcium Phosphate)	275mg .....22%
Iodine (as Potassium Iodide)	150mg .....100%
Magnesium (from Magnesium Citrate, ITM)	300mcg .....71%
Zinc (as Zinc Citrate)	15mcg .....136%

Amount Per Serving	%DV
Selenium (as Selenomethionine)	200mcg .....364%
Copper (as Copper Gluconate)	2mg .....222%
Manganese (as Manganese Gluconate)	4mg .....174%
Chromium (as Chromium Amino Acid Chelate)	120mcg .....343%
Molybdenum (as Sodium Molybdate)	60mcg .....133%
Chloride (from ITM)	550mg .....24%
Sodium (from Sodium Molybdate, ITM)	5mg .....<1%
Potassium (from Potassium Iodide, ITM)	15mg .....<1%

Ionic Trace Minerals (ITM) Complex

A concentrated complex of full spectrum ionic trace minerals	455mg .....**
Inositol	45mg .....**
Citrus Bioavonoids	25mg .....**
Sulfate (from ITM)	8mg .....**
Aloe Vera (Aloe barbadensis) Leaf Extract (200:1)	2mg .....**
Boron (from Boron Glycinate, ITM)	1mg .....**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** Stearic acid, croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide, microcrystalline cellulose, calcium stearate, CarboWax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 1-3 tablets per day divided with meals. Take 3 tablets for optimum benefits.



# DIGESTIVE





## Complete Cleansing Fiber

(12 oz.-CLC02)

Complete Cleansing Fiber has been new and improved to include a healthy balance of flax, chia, and hemp seeds. It also contains a blend of whole and powdered psyllium seed husk, the amazing natural fiber with significantly higher soluble fiber than even oat bran. We also add natural soluble apple fruit fiber to round out the fiber complex.‡ The formula also contains 230 million colony forming units (CFU) per serving of 10 complementing strains of friendly bacteria (flora), including *L. acidophilus*. This complex of milk-free intestinal flora is ideal to provide maximum benefit under a variety of conditions. It supports digestion, intestinal tone, and especially helps to maintain healthy flora balance.‡

### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 50

Amount Per Serving	%DV
Calories	15
Total Carbohydrate	6g .....2%*
Total Dietary Fiber	7g .....25%*
Soluble Fiber	1g
Insoluble Fiber	6g
Protein	1g .....35%
Sodium (from Sodium Chloride, ITM)	270mg .....2%*
Iron	1mg .....6%*
High Potency Fiber Complex	8g .....**
Psyllium ( <i>Plantago ovata</i> ) seed (powder and whole husk), gum arabic ( <i>Acacia Senegal</i> ) pwd, apple ber ( <i>Malus domestica</i> ).	

Amount Per Serving	%DV
Viable Probiotic Flora (at time of manufacturing)	3.5mg .....**
200 million colony forming units (CFU) blend: <i>L. acidophilus</i> (LA-14), <i>B. bidum</i> (BB-06), <i>L. brevis</i> (LBR-35), <i>L. bulgaricus</i> (LB-87), <i>L. casei</i> (LC-11), <i>L. plantarum</i> (LP-115), <i>L. rhamnosus</i> (LR-32), <i>L. salivarius</i> LS-33), <i>L. lactis</i> (LL-23), <i>Enterococcus faecalis</i> .	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Silicon dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Mix 1 rounded scoop (8g) with 6-8 oz of water or juice. Stir and drink immediately. Follow with a full glass of water and drink plenty of fluids throughout the day. Do not take less than 5 hours before bedtime for best results.

## Fiber 14g™

(15 oz.-LFB01)

On average, Americans consume less than 50% of the dietary fiber levels required for good health. But with just one serving of fiber 14g, you can get 56% of your daily intake of fiber! The fiber content in fiber 14g comes from Inulin and Organic Acacia, which are naturally-occurring soluble fibers derived from natural sources. To complete the formula, we supercharged fiber 14g with full spectrum ionic minerals from ConcenTrace®.



### Supplement Facts

Serving Size 2 tbsp. (30mL; 1 capful = 2 tbsp.)  
Servings Per Container 15

Amount Per Serving	%DV
Calories	70
Total Carbohydrate	17g .....6%*
Dietary Fiber	14g .....50%
Soluble Fiber	14g .....**
Total Sugars	3g .....**
Includes 3g Added Sugars	1g .....35%
Magnesium (from ITM)	20mg .....5%
Chloride (from ITM)	50mg .....2%
Ionic Trace Minerals (ITM) Complex	300mg .....**
Boron (from ITM)	200mcg .....**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Inulin (including oligofructose), purified water, organic gum arabic (*Acacia senegal*), white grape concentrate, apple juice concentrate, natural orange & tangerine flavors, aloe vera (*Aloe barbadensis*), apple pectin, potassium benzoate & potassium sorbate (for freshness).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** SHAKE VIGOROUSLY. Take 1 oz. straight or mixed into juice or food. Begin regimen by taking 1 tbsp. daily for 1 week to allow GI tract to adjust. Then take 1 oz. daily if desired. An influx of digestive gases is normal and should be expected. Drink plenty of fluids while taking ber. Rinse cap after each use.

**REFRIGERATE AFTER OPENING.** throughout the day. Do not take less than 5 hours before bedtime for best results.

## Probiotic 55 Billion

(30 capsules-PRO55)

is formulated with 10 strains of viable organisms, including 11 billion Bifidobacterium CFUs‡ and 44 billion Lactobacillus CFUs‡, the bacteria most dominantly found in the large and small intestines. Since intestinal flora often decreases with age, taking a probiotic can help your body maintain a healthy functioning digestive system.† Plus, we use special delayed release capsules that are optimized to help prevent probiotics from being damaged by stomach acid, allowing them to reach the small intestine for maximum effectiveness.†



### Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 50

Amount Per Serving	%DV
Probiotic 55 Billion CFUs§ Proprietary Blend	307mg** .....*
<i>Lactobacillus acidophilus</i> , <i>Bidobacterium bidum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bidobacterium breve</i> , <i>Bidobacterium longum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus plantarum</i> , <i>Bidobacterium lactis</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus salivarius</i> .	
Fructooligosaccharide	33mg .....*

\*Daily Value (DV) not established.

\*\*At time of manufacture.

§Colony Forming Units (CFUs).

**Other Ingredients:** Stearic acid, hypromellose.

**CONTAINS TRACES OF MILK & SOY; GLUTEN FREE.**

**SUGGESTED USE:** Take 1 capsule daily on an empty stomach.



# STRESS & SLEEP





**Stress-X Magnesium Powder Lemon Lime flavor**  
(100-, 50-servings-STXM01, 02)

Stress-X Magnesium Powder is a natural magnesium supplement formulated with magnesium malate and a special blend of magnesium carbonate and citric acid, which creates a highly absorbable form of magnesium citrate to help maintain healthy magnesium levels in the body to help you stay calm and relaxed and to feel overall wellness in body and mind.<sup>†</sup> We also added a complex of full spectrum electrolytes from Ionic Trace Minerals for a magnesium supplement that is unmatched in the industry.

**Supplement Facts**

Serving Size About 1 level tsp. (4.8 g)  
Servings Per Container About 50

Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate .....	4g .....1%*
Total Sugars .....	1g ..... **
Includes 1g of Added Sugars.....	1g .....2%*
Magnesium (from Magnesium Malate, Magnesium Carbonate, ITM) ...	350mg .....83%
Ionic Trace Minerals (ITM) Complex .....	300mg ..... **
A concentrated complex of full spectrum ionic trace minerals.	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, organic cane sugar, natural flavors blend (lemon lime, other natural avors), malic acid, silica, quercetin (color), Reb A (stevia leaf extract).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE: SHAKE VIGOROUSLY.** Suggested Use: Mix 1 level tsp. of powder into 4-12 ounces of water and stir until dissolved. Take once or twice daily, with or without food. To add to the calming effects of Stress-X Magnesium Powder, mix with hot water. For best results, divide your daily serving into two or three servings. If this is your first time taking Stress-X Magnesium Powder, take ½ the serving size to test bowel tolerance. Keep dry until use and store in a cool, dry place.



**Stress-X Magnesium Powder Raspberry Lemon flavor**  
(100-, 50-servings-STXM03, 04)

Stress-X Magnesium Powder is a natural magnesium supplement formulated with magnesium malate and a special blend of magnesium carbonate and citric acid, which creates a highly absorbable form of magnesium citrate to help maintain healthy magnesium levels in the body to help you stay calm and relaxed and to feel overall wellness in body and mind.<sup>†</sup> We also added a complex of full spectrum electrolytes from Ionic Trace Minerals for a magnesium supplement that is unmatched in the industry.

**Supplement Facts**

Serving Size About 1 level tsp. (4.8 g)  
Servings Per Container About 50

Amount Per Serving	%DV
Calories .....	15
Total Carbohydrate .....	4g .....1%*
Total Sugars .....	1g ..... **
Includes 1g of Added Sugars.....	1g .....2%*
Magnesium (from Magnesium Malate, Magnesium Carbonate, ITM) ...	350mg .....83%
Ionic Trace Minerals (ITM) Complex .....	300mg ..... **
A concentrated complex of full spectrum ionic trace minerals.	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Other Ingredients:** Non-GMO citric acid, organic cane sugar, natural flavors blend (raspberry, lemon), malic acid, silica, beet (Beta vulgaris) root powder (color), Reb A (stevia leaf extract).

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE: SHAKE VIGOROUSLY.** Suggested Use: Mix 1 level tsp. of powder into 4-12 ounces of water and stir until dissolved. Take once or twice daily, with or without food. To add to the calming effects of Stress-X Magnesium Powder, mix with hot water. For best results, divide your daily serving into two or three servings. If this is your first time taking Stress-X Magnesium Powder, take ½ the serving size to test bowel tolerance. Keep dry until use and store in a cool, dry place.



**NaturalRest Plus+**  
(120 tab-NTR01)

It's widely known that millions of American's struggle to get a good night's sleep. For some, it's falling asleep. For others, it's staying asleep. Then there are those who don't feel rested when they wake up. No matter which problem it is, those affected by it would give anything for one night of restful sleep.

NaturalRest Plus+ provides a relaxing blend of all natural herbs, enzymes, L-Theanine, and body balanced sea minerals from Utah's inland sea, to calm, nourish, and balance the nervous system for a restful night's sleep.†



**Supplement Facts**

Serving Size 2 Tablets  
Servings Per Container 30

Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate .....	1g <1%*
Magnesium (from ITM & Magnesium Citrate) .....	45g 11%
Chloride (from ITM & Potassium Chloride) .....	175mg 8%
Sodium (from ITM, Sodium Citrate).....	5mg <1%
<b>Herb &amp; Enzyme Blend .....</b>	<b>238mg **</b>
Passionflower (Passiflora incarnata) Flower Extract, Valerian (Valeriana ocinalis) Root Extract, Black Cohosh (Cimicifuga racemosa) Root Extract, Chamomile (Matricaria recutita) Flower Extract, Kelp (Ascophyllum nodosum), Skullcap (Scutellaria lateriflora) Leaf Extract, Wood Betony (Stachys ocinalis) Herb, Hops (Humulus lupulus) Flower Extract, Cayenne (Capsicum annuum) Fruit, Alfalfa (Medicago sativa) Leaf, Bromelain, Amylase, Cellulase, Lipase, Protease.	
<b>Ionic Trace Minerals (ITM).....</b>	<b>275mg **</b>
A complex of concentrated, full spectrum ionic trace minerals.	
GABA (Gamma Amino Butyric Acid) .....	150mg **
L-Theanine (Gamma-Ethylamino-L-Glutamic Acid).....	25mg **
Sulfate (from ITM).....	10mg **
Boron (from Boron Citrate, ITM) .....	350mcg **

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Other Ingredients:** Stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide, Carbowax™.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 2 tablets 1 hour before bedtime for best results.

**Stress-X**

(60 tab-STX01 & 120 tab-STX02)

Beats stress four ways: relax, adapt, replace, and nourish with herbs, minerals, vitamins, and enzymes.† Stress-X is a complete nutritional burn-out recovery system which helps you relax, adapt, replace, and nourish.† The ionic minerals and trace minerals in Stress-X work with the herbs known to help relieve stress, such as Valerian root and Chamomile flower.† This powerful combination helps energize your system while still soothing your nerves.† It all adds up to a calm energy which helps you get through the day.†



**Supplement Facts**

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate .....	2g 1%*
Dietary Fiber .....	1g 4%*
Vitamin A (as Palmitate) .....	175mg 8%
Vitamin C (as Ascorbic Acid) .....	5mg <1%
Vitamin D (as Cholecalciferol).....	238mg **
Vitamin E (as d-Alpha Tocopherol Acid Succinate) .....	275mg **
Thiamin (Thiamin HCl) [Vitamin B1] .....	150mg **
Riboavin [Vitamin B2] .....	25mg **
Niacin.....	10mg **
Vitamin B6 (as Pyridoxine HCl).....	350mcg **
Folate (as 400mcg of Folic Acid) .....	667mcg DFE 167%
Vitamin B12 (as Methylcobalamin) .....	35mcg 1458%
Biotin .....	120mcg 400%
Pantothenic Acid (as d-Calcium Pantothenate) .....	25mg 500%
Magnesium (from ITM) .....	70mg 17%
Zinc (as Zinc Citrate).....	10mg 91%
Selenium (as Selenium Amino Acid Chelate) .....	5mcg 9%
Chromium (as Chromium Amino Acid Chelate) .....	12mcg 34%
Chloride (from ITM, Sodium Chloride).....	350mg 15%
Sodium (as Sodium Chloride).....	20mg 1%
Potassium (as Potassium Citrate) .....	60mg 1%
<b>Ionic Trace Minerals (ITM) Complex .....</b>	<b>566mg **</b>
A concentrated complex of full-spectrum ionic trace minerals.	

Amount Per Serving	%DV
<b>Herbal Blend .....</b>	<b>308mg **</b>
Borage (Borago ocinalis) Seed Oil, Valerian (Valeriana ocinalis) Root Extract, Wood Betony (Stachys ocinalis, Betonica ocinalis) Whole, Cayenne (Capsicum annuum) Fruit, Eleuthero (Eleutherococcus senticosus) Root Extract, Hops (Humulus lupulus) Flower Extract, Chamomile (Matricaria recutita) Flower Extract, Skullcap (Scutellaria lateriflora) Leaf Extract.	
<b>Food/Enzyme Concentrate Complex .....</b>	<b>151mg **</b>
Rice (Oryza sativa) Bran, Organic Kelp (Ascophyllum nodosum) Whole, Citrus Bioavonoid Complex, Alfalfa (Medicago sativa) Whole, Spirulina (Arthrospira platensis), Protease, Amylase, Lipase, Cellulase.	
Sulfate (from ITM) .....	20mg **
PABA (Para-Aminobenzoic Acid) .....	7mg **
Boron (as Boron Citrate).....	0.6mg **

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide.

**NO KNOWN ALLERGENS. GLUTEN FREE.**

**SUGGESTED USE:** Take 2 tablets daily or as needed, depending on your stress level.

# GOODBYE SOUR. HELLO YUM!

Simple. Delicious. Great Smell. Spill Free.



ACV has been used for centuries because of its many health benefits!  
Perfect for the whole family!

- 500mg per gummy
- With the Mother<sup>§</sup>
- Strawberry Melon Flavor

## ACV Benefits:

- Weight Management<sup>†</sup>
- Appetite<sup>†</sup>
- Blood Sugar Levels<sup>†</sup>
- Heart<sup>†</sup>
- Digestion<sup>†</sup>
- Immunity<sup>†</sup>



Organic Ingredients



Gluten Free



Certified Vegan



Gelatin Free



Unfiltered



Non-GMO



<sup>†</sup>Source: SPINScan Natural Channel 52 weeks ending 7/12/20.

<sup>§</sup>At time of manufacture.