



Category 6  
Multi-Vitamins & Minerals



**GOODFORYOU**

GOOD FOR LIFE

**SUPREME MULTI**

90 Tabs #103862

**Description: High Potency Multiple with Green Superfood Concentrates.** Supplementation with a high quality multiple vitamin / mineral. Supplement is so important with our busy lifestyles. **The Supreme Multi** has been rated by many companies as the best **Multi** on the market. This is backed by our many customers and retailers who have found this to be the best selling **Multi** on the market today.

**Contents / Ingredients**

**Traditional Therapeutic Action**

This is our standard for multiples: flexible and suitable for men and women.  
Compare to any other 2-a-day green foods multiple and you're sure to come up short.  
Here's the main points for Supreme Multi:

- Best Value Food Based Formula
- Includes 850 mg Superfood Concentrates
- Hypoallergenic
- Vegetarian
- Buffered Vitamin C from Calcium Ascorbate
- Natural Chlorophyll, Vitamin K and Amino Acids from Green Foods
- Full Disclosure Labels
- 47 Total Nutrients. No label dressing of additional ingredients

**TWO SUPREME MULTI TABLETS PROVIDE**

<b>Vitamins</b>		<b>%RDI(*)</b>
Vitamin A (Beta-Carotene).....	10,000 IU.....	200
Vitamin B-1 (Thiamine HCL).....	50 mg.....	3,333
Vitamin B-2 (Riboflavin).....	50 mg.....	2,941
Vitamin B-3 (Niacinamide).....	50 mg.....	250
Pantothenic Acid.....	50 mg.....	500
Vitamin B-6 (Pyridoxine HCL).....	50 mg.....	2,500
Vitamin B-12 (Cyanocobalamin).....	100 mcg.....	1,667
Biotin.....	100 mcg.....	33
Folic Acid.....	400 mcg.....	100
Vitamin C (Calcium Ascorbate).....	500 mg.....	833
Vitamin D (Ergocalciferol).....	200 IU.....	50
Vitamin E (d-alpha tocopheryl succinate).....	200 IU.....	667
Vitamin K (from green foods).....	25 mcg.....	31

**MINERALS**

Calcium (from Calcium Carbonate and Calcium Ascorbate).....	100 mg.....	10
Magnesium (Magnesium Oxide and AAA(*)).....	50 mg.....	13
Zinc (Amino Acid Chelate).....	15 mg.....	100
Iron (Amino Acid Chelate).....	10 mg.....	56
Copper (Amino Acid Chelate).....	1 mg.....	50
Iodine (Kelp).....	150 mcg.....	100
Potassium.....	50 mg.....	1
Manganese (Amino Acid Chelate).....	5 mg.....	250
Selenium (Amino Acid Chelate).....	50 mcg.....	71
Chromium (Yeast-Free GTF).....	100 mcg.....	83
Molybdenum (Amino Acid Chelate).....	50 mcg.....	67

(\*) AAA – (Amino Acid Chelate)

**Plus the following**

Boron (Amino Acid Chelate).....	1 mg
Vanadium (Amino Acid Chelate).....	50 mcg
Choline (Choline Bitartrate).....	50 mg
Inositol.....	50 mg
PABA.....	30 mg
Spirulina.....	250 mg
Chlorella (Broken Cell Wall).....	250 mg
Barley Grass (Organic).....	250 mg
Alfalfa Juice Concentrate.....	100 mg
Octocosanol (Wheat-free).....	100 mcg
Eleuthero (Eleutherococcus senticosus) (Root).....	50 mg
Citrus Bioflavonoids (37% total bioflavonoids)	
As Hesperidin.....	50 mg
Rutin.....	25 mg
Psyllium Husk Fiber.....	50 mg
Echinacea purpurea (Root).....	50 mg
Apple Pectin.....	25 mg
Betaine HCL.....	25 mg
Glutamic Acid.....	25 mg
Papain (Papaya).....	25 mg
Lipase.....	10 mg
Amylase.....	10 mg
Chlorophyll.....	9 mg
Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source), Alfalfa, Rose Hips and Vegetable Coating. Contains soy derivative. <b>Vegetarian Formula.</b> Contains no sugar, salt, starch, yeast, wheat, milk, egg or preservatives.	

**SUGGESTED DOSAGE:** Adults: Take 2 tablets daily, preferably with meals.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.