

Fresh Start®


Optimal Health/Super Stress
Energy Support Formula*

CONTAINS **171** POWERFUL NUTRIENTS

A Premium Quality VITAMIN & MINERAL PACKET with ANTI-OXIDANTS

Serving Size: One Packet

SUPPLEMENT FACTS

Each Packet Contains:	%DV	%DV	
 VITAMIN A 25,000 from 100% BETA CAROTENE			
Vitamin A (100% as Beta Carotene)	25,000 IU	500	
(Beta Carotene is a plant derived non-toxic form of Vitamin A)			
 SUPER B-COMPLEX 50 with BIOTIN & INOSITOL			
Vitamin B-1 (Thiamine HCL)	50 mg	3,333	
Vitamin B-2 (Riboflavin)	50 mg	2,940	
Vitamin B-6 (Pyridoxine HCL)	50 mg	2,500	
Vitamin B-12 (Cyanocobalamin)	100 mcg	1,666	
Niacin (5mg) & Niacinamide (50mg)	55 mg	275	
Folic Acid	800 mcg	200	
Pantothenic Acid	50 mg	500	
Biotin	300 mcg	100	
Choline (Bitartrate)	10 mg	2	
Inositol	50 mg	**	
PABA (Para Aminobenzoic Acid)	50 mg	**	
IN A BASE CONTAINING: wheat grass, green barley grass, alfalfa grass, Atlantic kelp, spirulina blue green algae, spinach, kale, broccoli, rice bran, oat bran, flaxseed and soya lecithin.			
 SUPER C-COMPLEX 1000 with CITRUS BIOFLAVONOIDS & QUERCETIN			
Vitamin C (Ascorbic Acid)	750 mg	1,250	
Citrus Bioflavonoid Complex	125 mg	**	
Rutin	50 mg	**	
Hesperidin (from Citrus Membrane)	50 mg	**	
Rose Hips Berry	40 mg	**	
Acerola Cherry Fruit	40 mg	**	
Quercetin (as Quercetin Dihydrate)	10 mg	**	
 VITAMIN E COMPLEX 400 with 100% NATURAL MIXED TOCOPHEROLS			
Vitamin E (100% Natural)	400 IU	1333	
Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols			
 GINSENG ENERGY PLUS® with BEE POLLEN & ROYAL JELLY			
Calcium (Carbonate)	90 mg	9	
Bee Pollen	500 mg	**	
Royal Jelly	10 mg	**	
Bee Propolis	10 mg	**	
Korean Panax Ginseng Root	25 mg	**	
Asian Panax Ginseng Root	25 mg	**	
American Ginseng Root	25 mg	**	
Eleuthero Root	25 mg	**	
Brazilian Suma Root	25 mg	**	
Ashwagandha Root	25 mg	**	
Octacosanol	25 mcg	**	
Bioperine® (Black Pepper Extract)	5 mg	**	
 ORGANIC FLAXSEED OIL with OMEGA 3 - OMEGA 6 - OMEGA 9			
Flaxseed Oil (Cold Pressed)	1,000 mg	**	
Typically provides the following:			
Alpha-Linolenic Acid (Omega-3)	585 mg	**	
Linoleic Acid (Omega-6)	150 mg	**	
Oleic Acid (Omega-9)	175 mg	**	
Palmitic Acid, Stearic Acid and Fatty Acids	90 mg	**	
 NUTRITIONAL GREENS with LUTEIN & LYCOPENE			
PHYTO-NUTRIENT SUPER GREENS BLEND	660 mg	**	
Alfalfa Grass	100 mg	Lutein 5%	25 mcg
Wheat Grass	100 mg	Lycopene 5%	25 mcg
Green Barley Grass	100 mg	Red Beet Root	10 mg
Chlorella Algae	100 mg	Dandelion Root	10 mg
Spirulina Algae	100 mg	Broccoli Flowers	10 mg
Atlantic Kelp	25 mg	Chinese Parsley	10 mg
Aloe Vera Leaf	25 mg	Green Spinach	10 mg
Green Kale	10 mg	Brussel Sprouts	10 mg
Green Cabbage	10 mg	Swiss Chard Leaf	10 mg
Celery Seed	10 mg	Black Radish Root	10 mg
 AMINO ACID COMPLEX with ESSENTIAL BRANCHED-CHAIN AMINOS			
FREE FORM AMINO ACID COMPLEX	775 mg	**	
Essential Amino Acids		with L-Arginine60 mg	
L-Lysine.....60 mg	L-Glutamine60 mg		
L-Methionine60 mg	L-Ornithine HCL12 mg		
L-Phenylalanine60 mg	L-Carnitine HCL12 mg		
L-Threonine60 mg	Non-Essential Amino Acids		
L-Histidine HCL60 mg	(12 mg each of the following)		
Essential Branched Chain		L-Alanine L-Serine	
L-Leucine120 mg	L-Aspartic L-Tyrosine		
L-Valine60 mg	L-Cysteine Glycine		
L-Isoleucine.....60 mg	L-Proline Taurine		
 MINERAL COMPLEX 1000 with Aquamin® SEA TRACE MINERALS			
Calcium (Carbonate & Citrate)	500 mg	50	
Magnesium (Oxide)	250 mg	63	
Iron (Iron Carbonyl)	18 mg	100	
Iodine (Atlantic Kelp)	150 mcg	100	
Copper (Amino Acid Chelate)	2 mg	100	
Zinc (Zinc Oxide)	50 mg	334	
Manganese (Amino Acid Chelate)	10 mg	500	
Potassium (Potassium Chloride)	99 mg	2.8	
Chromium (Chromium Picolinate)	40 mcg	34	
Selenium (Selenium Yeast)	50 mcg	72	
Betain HCL (Enzyme)	50 mg	**	
Vitamin D3 (Cholecalciferol)	1000 IU	250	
AQUAMIN® Sea Trace Minerals	25 mg	**	
Naturally occurring minerals and trace minerals derived from Red Marine Algae. This seaweed is specially harvested off the coast of Ireland and typically contains 73 trace elements.			

** Daily Value (DV) not established

OTHER INGREDIENTS: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, silica, silicon dioxide, magnesium stearate, sodium starch, glycolate, maltodextrin, ethylcellulose, soybean oil, lecithin, polyethylene glycol, glycerin, gelatin, titanium dioxide, yellow bees wax, FD&C blue 1 & 2, yellow 5 & 6, red 40 lake.

ALLERGY WARNING: CONTAINS SOY.

Each Packet Contains: 6 Tablets - 3 Softgels - 1 Capsule

DIRECTIONS: TAKE ONE PACKET DAILY WITH A MEAL.

Use only as directed. **WARNING:** Consult a physician before using if you are pregnant, nursing a baby, taking medications, have heart disease, or any other known medical condition. Dietary supplements can affect the way medicines work.

KEEP THIS AND ALL DIETARY SUPPLEMENTS AWAY FROM CHILDREN.

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 doctor or poison control center immediately.

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