

Total Start®

Total Health/pH Body Balance
Diabetic/Blood Sugar Support
Fat Burning/Energy Formula*

CONTAINS **198** POWERFUL NUTRIENTS

A Premium Quality VITAMIN & MINERAL PACKET with ANTI-OXIDANTS

Serving Size: One Packet

SUPPLEMENT FACTS

Each Packet Contains:	%DV		%DV
VISION & EYE SUPPORT* <i>with LUTEIN & ZEAXANTHIN</i> plus VITAMIN A 25,000 (100% BETA CAROTENE)			
Vitamin A (as Beta Carotene)	25,000 IU	500	
<small>(Beta Carotene is a plant derived non-toxic form of Vitamin A)</small>			
TOTAL VISION HEALTH FORMULA*	481 mg	**	
Supports Eye Function, Retina, & Macular Health*			
Lutein (from Marigold Flowers)	10 mg		
Zeaxanthin (from Marigold Flowers)	2 mg		
Turmeric Root (94mg 4:1 Extract)	375 mg		
European Bilberry Fruit	125 mg		
Carrot Root Juice Powder	125 mg		
Taurine (Amino Acid)	125 mg		
BLOOD SUGAR SUPPORT* <i>with L-CARNOSINE & INDIAN BITTER MELON</i>			
Contains clinically tested ingredients that have shown to support normal blood glucose levels and healthy insulin function.*			
Biotin 100% Pure (Vitamin B-7)	2500 mcg	833	
Chromium Polynicotinate	125 mcg	106	
Vitamin D ₃ (Cholecalciferol)	1000 IU	250	
BLOOD SUGAR HERBAL EXTRACTS 690 mg **			
Gymnema Sylvestre (60mg 10:1)	600 mg		N-Acetyl-L-Carnitine 60 mg
Nopal Cactus Leaf (60mg 10:1)	600 mg		L-Carnosine 50 mg
Indian Bitter Melon (30mg 10:1)	300 mg		Curcumin 95% 50 mg
Fenugreek Seed (30mg 10:1)	300 mg		(Derived from Turmeric Root)
White Mulberry Leaf (30mg 10:1)	300 mg		Alpha Lipoic Acid 50 mg
Devil's Claw Root (60mg 4:1)	240 mg		Benfotiamine 30 mg
Banaba Leaf (1% Corosolic Acid)	150 mg		Berberine HCL 30 mg
AMINO ACID COMPLEX <i>with ESSENTIAL BRANCHED-CHAIN AMINOS</i>			
FREE FORM AMINO ACID COMPLEX 775 mg **			
Essential Amino Acids		with	
L-Lysine.....60 mg		L-Arginine.....60 mg	
L-Methionine.....60 mg		L-Glutamine.....60 mg	
L-Phenylalanine.....60 mg		L-Ornithine HCL.....12 mg	
L-Threonine.....60 mg		L-Carnitine HCL.....12 mg	
L-Histidine HCL.....60 mg		Non-Essential Amino Acids (12 mg each of the following)	
Essential Branched Chain		L-Alanine	L-Serine
L-Leucine.....120 mg		L-Aspartic	L-Tyrosine
L-Valine.....60 mg		L-Cysteine	Glycine
L-Isoleucine.....60 mg		L-Proline	Taurine
VITAMIN E COMPLEX 400 <i>with 100% NATURAL MIXED TOCOPHEROLS</i>			
Vitamin E (100% Natural)	400 IU	1333	
Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols			
100% ORGANIC ALKALIZING GREENS* <i>with MATCHA GREEN TEA LEAF</i>			
SUPER NUTRITIONAL GREENS BLEND* 650 mg **			
Contains a proprietary blend of the following nutrients:			
Alfalfa Grass Juice Powder	Nopal Cactus Leaf	Green Kale Leaf	
Barley Grass Juice Powder	Bitter Melon Fruit	Peppermint Leaf	
Wheat Grass Juice Powder	Dandelion Greens	Spinach Leaf	
Oat Grass Powder	Chlorella Algae	Lemon Juice Powder	
Matcha Green Tea Leaf	Spirulina Algae	Lutein & Zeaxanthin	
MINERAL COMPLEX 1000 <i>with Aquamin® SEA TRACE MINERALS</i>			
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 D ₃ (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.			
GREEN TEA ENERGY COMPLEX <i>with FAT BURNER FACTORS*</i>			
Vitamin B-12 (Cyanocobalamin)	500 mcg	8334	
Niacin (Vitamin B-3)	25 mg	125	
ENERGY - FAT BURNING - HERBAL EXTRACTS 600 mg **			
Green Tea Extract - 95% Polyphenols	Green Tea Leaf (50% Caffeine)	75 mg	
Catechin 75% / EGCG 45%	300 mg	Guarana Seed (50% Caffeine)	100 mg
Yerba Mate Leaf (40mg 10:1)	400 mg	Panax Ginseng Root (45mg 4:1)	180 mg
Cnidium Monnier (25mg 10:1)	250 mg	Cayenne Pepper	15 mg
CIRCULATION SUPPORT* <i>for HEART, MEMORY & VASCULAR HEALTH*</i>			
Vitamin B-3 (Niacin)	25 mg	125	
CIRCULATION HERBAL EXTRACTS 675 mg ** (Equivalent to 2215 mg of regular herbal powder)			
Hawthorn Berry (75mg 4:1)	300 mg	Cat's Claw Bark (30mg 4:1)	120 mg
Ginkgo Biloba (75mg 4:1)	300 mg	Horse Chestnut (30mg 4:1)	120 mg
Butcher's Broom (30mg 10:1)	300 mg	L-Citrulline (Amino Acid)	100 mg
Red Sage Root (15mg 20:1)	300 mg	L-Arginine HCL (Amino Acid)	50 mg
Motherwort Leaf (25mg 10:1)	250 mg	Ginger Root	50 mg
Cnidium Seed (15mg 10:1)	150 mg	Bilberry Leaf	50 mg
Bupleurum Root (15mg 10:1)	150 mg	White Willow Bark	50 mg
Cinnamon Bark (30mg 4:1)	120 mg	Cayenne Pepper	35 mg
SUPER B-COMPLEX 50 <i>with BIOTIN & INOSITOL</i>			
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	**	
SUPER C-COMPLEX 1000 <i>with CITRUS BIOFLAVONOIDS & QUERCETIN</i>			
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	**	

** 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, green 3, red 3 & 40 lake.

ALLERGY WARNING: CONTAINS SOY.

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.

Each Packet Contains: 4 Tablets - 6 Capsules - 1 Softgel

WARNING: Contains Phenylalanine, do not take this product if you have PKU (Phenylketonuria) a genetic disorder that prevents your body from breaking down the amino acid - Phenylalanine.

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.