

DAILY START[®]











Contains:
145 POWERFUL NUTRIENTS

**Super Stress
"Hi-Energy" Formula**

A COMPLETE "HI-POTENCY" VITAMIN & MINERAL SUPPLEMENT

Serving Size: One Packet

SUPPLEMENT FACTS

Each Packet Contains:	%DV	%DV
 VITAMIN A 25,000 The red soft-gel capsule contains: Vitamin A (100% As Beta Carotene) 25,000 I.U. 500		
 SUPER B-COMPLEX 50 The orange tablet contains: 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 (CONTAINS NO YEAST).		
 VITAMIN E COMPLEX 200 The gold soft-gel capsule contains: Vitamin E (100% Natural) 200 I.U. 666 Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols		
 ULTRA HERBAL START (ENERGY BOOSTER)* The green tablet contains: Niacin (Vitamin B-3) 15 mg 75 Vitamin B-12 (Cyanocobalamin) 25 mcg 416 SUPER ENERGY HERBAL BLEND 785 mg ** Yerba Mate Leaf 150 mg ** Gotu Kola Leaf 75 mg ** Panax Ginseng Root 75 mg ** Bissy Nut Seed 75 mg ** Yellow Dock Root 50 mg ** Echinacea Purpurea 50 mg ** Hawthorn Berry 50 mg ** Fo Ti Root 50 mg ** Licorice Root 50 mg ** Ginger Root 40 mg ** Mullein Leaf 25 mg ** Spirulina Algae 25 mg ** Eleuthero Root 25 mg ** Papaya Fruit 15 mg ** Pepsin 15 mg ** Bee Pollen 10 mg ** Capsicum Fruit 5 mg **		
		 BUFFERED C-COMPLEX 1000 The beige tablet contains: Vitamin C (Ascorbic Acid) 650 mg 1079 Rose Hips (Rosa Canina) Fruit 100 mg ** Quercetin (5mg) & Lemon Bioflavonoids (50mg) 55 mg ** Rutin 25 mg ** Hesperidin 25 mg ** Calcium (Carbonate) 145 mg 15 (Buffered with calcium carbonate for those with sensitive stomachs) In a base containing the following fruits: mango, acerola cherry, camu camu, pomegranate, goju berry, papaya, red guava, orange and pineapple.
		 VITAMIN B-12 500 The pink tablet contains: Vitamin B-12 (cyanocobalamin) 500 mcg 8,334 Calcium Phosphate 141 mg 14
		 GINSENG ENERGY PLUS®* The gold tablet contains: 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 **
		 MINERAL COMPLEX 500 The gray tablet contains: Calcium (Carbonate & Citrate) 250 mg 25 Magnesium (Oxide) 125 mg 31 Iron (Amino Acid Chelate) 9 mg 50 Iodine (Atlantic Kelp) 75 mcg 50 Copper (Amino Acid Chelate) 1 mg 50 Zinc (Amino Acid Chelate) 25 mg 166 Manganese (Amino Acid Chelate) 5 mg 250 Potassium (Proteiniate) 50 mg 1.4 Chromium Picolinate (Chromax® - Nut 21) 20 mcg 17 Selenium (Selenium Yeast) 25 mcg 36 Betain HCL (Enzyme) 25 mg ** Vitamin D ₃ (Cholecalciferol) 500 I.U. 50
		73 TRACE MINERALS - AQUAMIN® 12.5mg ** Naturally occurring trace minerals derived from Red Algae. This seaweed is specially harvested off the coast of Ireland.

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 medical condition. Dietary Supplement 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.

FRESH START VITAMIN CO.
1067 E. Bedmar St., Carson, CA 90746

** Daily Value (DV) not established
OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, 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.**