

Great Start®









Daily Nutrition
Health & Wellness Formula*

CONTAINS **141** 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 25 with BIOTIN & INOSITOL		
Vitamin B-1 (Thiamine HCL)	25 mg	1,666
Vitamin B-2 (Riboflavin)	25 mg	1,470
Vitamin B-6 (Pyridoxine HCL)	25 mg	1,250
Vitamin B-12 (Cyanocobalamin)	25 mcg	417
Niacin (5mg) & Niacinamide (25mg)	30 mg	150
Pantothenic Acid	25 mg	250
Folic Acid	400 mcg	100
Biotin	300 mcg	100
Choline (Bitartrate)	10 mg	2
Inositol	25 mg	**
PABA (Para Aminobenzoic Acid)	25 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.		
 VITAMIN E COMPLEX 200 with 100% NATURAL MIXED TOCOPHEROLS		
Vitamin E (100% Natural)	200 IU	666
Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols		
 CALCIUM COMPLEX 500 with BONE SUPPORT FACTORS*		
CALCIUM COMPLEX (ELEMENTAL)	500 mg	50
Derived from 6 types of "highly absorbable" Calcium:		
• Calcium Carbonate	• Calcium Citrate	
• Calcium Aspartate	• Calcium Phosphate	
• Calcium Lactate	• Calcium Gluconate	
Magnesium (Oxide)	150 mg	37
Boron (Citrate)	1 mg	**
Silica (Silicon Dioxide)	5 mg	**
Vitamin D ₃ (Cholecalciferol)	50 IU	12
 VITAMIN B-12 500 with CALCIUM PHOSPHATE		
Vitamin B-12 (Cyanocobalamin)	500 mcg	8,334
Calcium Phosphate	141 mg	14
 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	**
 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
 MINERAL COMPLEX 500 with Aquamin® SEA TRACE MINERALS		
Calcium (Carbonate & Citrate)	250 mg	25
Magnesium (Oxide)	125 mg	31
Iron (Iron Carbonyl)	9 mg	50
Iodine (Atlantic Kelp)	75 mcg	50
Copper (Amino Acid Chelate)	1 mg	50
Zinc (Zinc Oxide)	25 mg	166
Manganese (Amino Acid Chelate)	5 mg	250
Potassium (Potassium Chloride)	50 mg	1.4
Chromium (Chromium Picolinate)	20 mcg	17
Selenium (Selenium Yeast)	25 mcg	36
Betain HCL (Enzyme)	25 mg	**
Vitamin D ₃ (Cholecalciferol)	500 IU	125
AQUAMIN® Sea Trace Minerals	12.5 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.		

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.

** 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 - 2 Softgels