









Ultra Start®

Total Health/Super Rejuvenating
Age-Defying/Ultra Stress Formula*

CONTAINS **191** POWERFUL NUTRIENTS

A Premium Quality VITAMIN & MINERAL PACKET with ANTIOXIDANTS

Serving Size: One Packet		SUPPLEMENT FACTS		
Each Packet Contains:	%DV		%DV	
	VISION & EYE SUPPORT* with LUTEIN & ZEAXANTHIN 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			
	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	**		
	VITAMIN E COMPLEX 400 with 100% NATURAL MIXED TOCOPHEROLS			
	Vitamin E (100% Natural)	400 IU	1333	
	Includes: d-Alpha, Beta, Gamma, & Delta Tocopherols			
		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	**	
		100% ORGANIC ALKALIZING GREENS* with MATCHA GREEN TEA LEAF		
		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	
		CALCIUM COMPLEX 500 with BONE SUPPORT FACTORS*		
		CALCIUM COMPLEX (ELEMENTAL) 500 mg 50		
Derived from 6 types of "highly absorbable" Calcium:				
• Calcium Carbonate • Calcium Lactate • Calcium Phosphate				
• Calcium Aspartate • Calcium Citrate • Calcium Gluconate				
Magnesium (Oxide)		150 mg	37	
Boron (Citrate)		1 mg	**	
Silica (Silicon Dioxide)		5 mg	**	
Vitamin D3 (Cholecalciferol)		50 IU	12	
		TURMERIC – CURCUMIN COMPLEX with GINGER ROOT & PIPERINE		
	Turmeric (Root) (<i>Curcuma longa</i>)	575 mg	**	
	Turmeric Ext. (Root) (95% Curcuminoids)	25 mg	**	
	Ginger (Root) (<i>Zingiber officinale</i>)	100 mg	**	
	Piperine (Black Pepper Ext.)	5 mg	**	
		AMINO ACID COMPLEX with ESSENTIAL BRANCHED-CHAIN AMINOS		
		FREE FORM AMINO ACID COMPLEX 775 mg **		
		Essential Amino Acids		
		L-Lysine.....	60 mg	L-Arginine60 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-Leucine.....		120 mg	L-Alanine	L-Serine
L-Valine.....	60 mg	L-Aspartic	L-Tyrosine	
L-Isoleucine.....	60 mg	L-Cysteine	Glycine	
		L-Proline	Taurine	
	GINSENG ENERGY PLUS® with BEE POLLEN & ROYAL JELLY			
	Calcium (Carbonate)	90 mg	9	
	Bee Pollen	500 mg **	Eleuthero Root	25 mg **
	Royal Jelly	10 mg **	Brazilian Suma Root	25 mg **
	Bee Propolis	10 mg **	Ashwagandha Root	25 mg **
	Korean Panax Ginseng Root	25 mg **	Octacosanol	25 mg **
	Asian Panax Ginseng Root	25 mg **	Bioperine®	5 mg **
	American Ginseng Root	25 mg **	(Black Pepper Ext.)	
		CIRCULATION SUPPORT* for HEART, MEMORY & VASCULAR HEALTH*		
		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	
	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	**		

** 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.

FRESH START VITAMIN CO.

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www.freshstartvitamins.com

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.

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.

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

Each Packet Contains: 6 Tablets - 5 Capsules - 1 Softgel