



core nutrition

Supplement Facts

Serving Size: 1 Scoop (18.76 g)
Servings Per Container 30

	Amount per Serving	% Daily Value
Calories	50	
Total Fat	0 g	0%†
Total Carbohydrate	5 g	2%†
Total Sugars	2 g	**
2g Added Sugars		4%†
Protein	7 g	
Vitamin A	750 mcg	83%
Vitamin C	480 mg	533%
Vitamin D	10 mcg	50%
Vitamin E	40 mg	267%
Thiamin	3 mg	250%
Riboflavin	4 mg	308%
Niacin	20 mg	100%
Vitamin B6	4 mg	235%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12	18 mcg	750%
Biotin	300 mcg	1000%
Pantothenic Acid	20 mg	400%
Calcium	950 mg	73%
Iron	9 mg	50%
Phosphorus	720 mg	58%
Iodine	150 mcg	100%
Magnesium	200 mg	48%
Zinc	16 mg	145%
Selenium	50 mcg	91%
Copper	2 mg	222%
Manganese	2 mg	87%
Chromium	50 mcg	143%
Molybdenum	75 mcg	167%
Sodium	100 mg	4%
Now Proprietary Blend	197 mg	**
LunaRich X® Proprietary Non-GMO Soy Blend		**
L-Methionine		**
Rose Hips (fruit)		**
Rutin (from Japanese Sophora (flower))		**
Kelp (whole plant) Extract		**
Cayenne (fruit)		**
Licorice (root) Extract		**
Chinese Rhubarb (root) Extract		**
Enzyme Blend		**
Bromelain (from Pineapple (stem))		**
Papain (from Papaya (fruit))		**
Maritime Pine (bark) Extract (Pycnogenol®)		**
Garlic (bulb)		**
Butternut (bark)		**
Irish Moss (whole plant)		**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

Other Ingredients: Non-GMO Soy Blend with LunaRich® Soy Powder, Dicalcium Phosphate, Fructose, Magnesium Phosphate, Calcium Carbonate, Ascorbic Acid, Brewer's Yeast, Natural & Artificial Flavor, Non-GMO Soy Lecithin, Sodium Chloride, d-Alpha Tocopheryl Acetate, Potassium Chloride, OptiZinc® Brand of Zinc Monomethionine, Rebiana (stevia leaf extract), Inulin, Biotin, Molybdenum Yeast, Calcium Pantothenate, Ferrous Fumarate, Niacinamide, Copper Gluconate, Vitamin A Palmitate, Selenomethionine, Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, Vitamin D3, Thiamin Hydrochloride, Vitamin B12, Potassium Iodine, Folic Acid, ChromeMate® Brand of Niacin Bound Chromium Polynicotinate. **CONTAINS SOY.**



glutenfree



dairyfree

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OptiZinc®



CHROME MATE®