



core nutrition

Supplement Facts

Serving Size: 2 Scoops (17.9 g)
Serving Per Container 30

	Amount per Serving	% Daily Value
Calories	50	
Total Fat	1.5 g	2%†
Total Carbohydrate	3 g	1%†
Dietary Fiber	1 g	4%
Protein	7 g	
Vitamin A	1570 mcg	174%
Vitamin C	479 mg	532%
Vitamin D	10 mcg	50%
Vitamin E	40 mg	267%
Thiamin	3 mg	250%
Riboflavin	4 mg	308%
Niacin	20 mg	125%
Vitamin B6	4.0 mg	235%
Folate	665 mcg DFE (339 mcg folic acid)	166%
Vitamin B12	18 mcg	750%
Biotin	299 mcg	997%
Pantothenic Acid	20 mg	400%
Calcium	830 mg	64%
Iron	18 mg	100%
Phosphorus	540 mg	43%
Iodine	150 mcg	100%
Magnesium	200 mg	48%
Zinc	16 mg	145%
Selenium	50 mcg	91%
Copper	2 mg	222%
Chromium	50 mcg	143%
Sodium	55 mg	2%
Potassium	100 mg	2%
Classic Proprietary Blend	142 mg	**
L-Methionine		**
Cayenne (fruit)		**
Garlic (bulb)		**
Rose Hips (fruit)		**
Papain (from Papaya (fruit))		**
Bromelain (from Pineapple (stem))		**
Chinese Rhubarb (root) Extract		**
Licorice (root) Extract		**
Kelp (whole) Extract		**

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

Other Ingredients: Non-GMO Soy Protein Isolate, Non-GMO Soy Flour, Magnesium Phosphate, Dicalcium Phosphate, Calcium Carbonate, Brewer's Yeast, Ascorbic Acid, Corn Fiber, Natural Flavor, Non-GMO Soy Lecithin, Potassium Chloride, Alpha Tocopheryl Acetate, OptiZinc® Brand of Zinc Monomethionine, Beta Carotene, Ferrous Fumarate, Biotin, Calcium Pantothenate, Vitamin A Palmitate, Niacinamide, Copper Gluconate, Pyridoxine HCL, Riboflavin, Vitamin D3, Thiamin HCL, Vitamin B12, Potassium Iodide, Sodium Selenite, Folic Acid and ChromeMate® Brand of Niacin Bound Chromium Polynicotinate. **CONTAINS: SOY**



glutenfree



dairyfree

K

CHROMEMATE®

OptiZinc