



Basic Spectrum Support

Multiple Vitamin/Mineral/Trace Element Supplement
Iron- and Copper-Free

Net Wt. 5.7 oz. (162 grams)



Distributed by:
**Darrell SCS Misak
ND, RPH**

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Supplement Facts

Serving Size 1 Scoop (Approx. 1 teaspoon or 5.4 grams) • Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% (3,500 I.U.) as vitamin A palmitate and 50% (3,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i>)	7,000 I.U. 140%	Calcium (as calcium citrate-malate)	300 mg 30%
Vitamin C (as L-ascorbic acid USP)	500 mg 833%	Iodine (from kelp)	150 mcg 100%
Vitamin D ₃ (as cholecalciferol)	400 I.U. 100%	Magnesium (as magnesium glycinate chelate***)	300 mg 75%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	150 I.U. 500%	Zinc (as zinc glycinate chelate***)	15 mg 100%
Vitamin K ₁ (as phytonadione)	60 mcg 75%	Selenium (as selenium amino acid complex)	200 mcg 286%
Thiamine (as thiamine hydrochloride)	25 mg 1667%	Manganese (as manganese glycinate chelate***)	2 mg 100%
Riboflavin	15 mg 882%	Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)	150 mcg 125%
Niacin (67% as niacinamide and 33% as niacin USP)	60 mg 300%	Molybdenum (as molybdenum glycinate chelate***)	100 mcg 133%
Vitamin B ₆ (67% as pyridoxine hydrochloride and 33% as pyridoxal 5'-phosphate)	15 mg 750%	Potassium (as potassium chloride)	99 mg 3%
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	400 mcg**100%	Boron (as boron amino acid complex)	2 mg *
Vitamin B ₁₂ (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	50 mcg 833%	Vanadium (as bisglycinato oxovanadium)	50 mcg *
Biotin USP	300 mcg 100%	Choline (as choline bitartrate)	75 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg 500%	Inositol	25 mg *
		Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg *

*Daily Value not established.

Other ingredients: Natural citrus flavor.

**Amount of active isomers from mixed isomer forms

***Albion Laboratories

****ChromeMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

Suggested Use: Adults or Children 4 or more years of age: 1 serving daily with food. Children less than 4 years of age: As directed by healthcare practitioner. Mix powder directly into room temperature or cold foods or beverages just before serving.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

This product was made in a GMP and ISO 9001:2000 registered facility.



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