

# DR. MERCOLA®

## WHOLE-FOOD COMPLEX with added MULTIVITAMIN plus VITAL MINERALS

240 Tablets | Dietary Supplement

**SUGGESTED USE:** Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING OR PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**



# Supplement Facts

Serving Size: 8 Tablets  
Servings Per Container: 30

	Amount Per Serving	%DV		Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	20		Iodine (from Kelp)	200 mcg	133%	Cauliflower (Florets)	100 mg	**
Total Carbohydrate	3 g	1%*	Magnesium (from Magnesium Amino Acid Chelate and Magnesium Ascorbate)	500 mg	119%	Garlic Bulb Extract	100 mg	**
Dietary Fiber	3 g	11%*	Zinc (from Zinc Amino Acid Chelate)	15 mg	136%	Inositol	100 mg	**
Total Sugars	0 g	**	Selenium (from Selenium Amino Acid Complex)	200 mcg	364%	Lemon Bioflavonoid Complex	100 mg	**
Vitamin A (as Beta Carotene)	1,500 mcg	167%	Copper (from Copper Amino Acid Chelate)	0.05 mg	6%	Papain	100 mg	**
Vitamin C (from Ascorbyl Palmitate, Calcium Ascorbate, Niacinamide Ascorbate, Magnesium Ascorbate)	500 mg	556%	Manganese (from Manganese Amino Acid Chelate)	2 mg	87%	Rose Hips	100 mg	**
Vitamin D <sub>3</sub> (as Cholecalciferol)	125 mcg (5,000 IU)	625%	Chromium (from Chromium Amino Acid Chelate)	200 mcg	571%	Silica	100 mg	**
Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))	134 mg	893%	Molybdenum (from Molybdenum Amino Acid Chelate)	100 mcg	222%	Spirulina ( <i>Arthrospira platensis</i> )	100 mg	**
Thiamin (Vitamin B <sub>1</sub> ) (as Thiamin HCl)	3 mg	250%	Potassium (from Potassium Amino Acid Complex)	100 mg	2%	Bromelain	50 mg	**
Riboflavin (Vitamin B <sub>2</sub> ) (as Riboflavin-5-Phosphate)	3.4 mg	262%	Dr. Mercola's Organic Fruit and Vegetable Blend (Beet (Root) <sup>^</sup> , Kale (Leaf) <sup>^</sup> , Broccoli (Florets) <sup>^</sup> , Carrot (Root) <sup>^</sup> , Parsley (Leaf) <sup>^</sup> , Green Cabbage (Leaf) <sup>^</sup> , Spinach (Leaf) <sup>^</sup> , Apple (Fruit) <sup>^</sup> , Blueberry (Fruit) <sup>^</sup> , Raspberry (Fruit) <sup>^</sup> , Strawberry (Fruit) <sup>^</sup> , Tomato (Fruit) <sup>^</sup> )	1,134 mg	**	PABA (Para-Aminobenzoic Acid)	50 mg	**
Niacin (Vitamin B <sub>3</sub> ) (as Niacinamide Ascorbate)	40 mg	250%	L-Cysteine and N-Acetyl L-Cysteine	150 mg	**	Grape Seed Extract (95% Proanthocyanidins)	49 mg	**
Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate)	4 mg	235%	Betaine (from Betaine HCl)	114 mg	**	Hesperidin (from Citrus Fruits)	35 mg	**
Folate (5-Methyltetrahydrofolic Acid, Calcium Salt)	1,333 mcg DFE (800 mcg Folic Acid)	333%	Chlorella ( <i>Chlorella vulgaris</i> )	100 mg	**	Rutin	25 mg	**
Vitamin B <sub>12</sub> (as Methylcobalamin)	100 mcg	4167%				L-Glutamic Acid	20 mg	**
Biotin	900 mcg	3000%				Grape Skin Extract (40% Polyphenols)	8 mg	**
Pantothenic Acid (Calcium D-Pantothenate)	30 mg	600%				Lutein (from Marigold ( <i>Tagetes erecta</i> ) Flower)	6 mg	**
Choline (from Choline Bitartrate)	140 mg	25%				Lycopene (from Tomato (Fruit))	6 mg	**
Calcium (from Calcium Citrate Malate and Calcium Ascorbate)	250 mg	19%				Boron (from Bororganic Glycine)	1.5 mg	**
						Zeaxanthin (from Marigold ( <i>Tagetes erecta</i> ) Flower)	1 mg	**
						Pine Bark Extract (95% Proanthocyanidins)	1 mg	**

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin), Gum Acacia<sup>^</sup>, <sup>^</sup>Organic Ingredients

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place Cape Coral, FL 33991 USA (877) 985-2696

Providing quality products since 2001.

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.