



now

core nutrition

dietary supplement

Supplement Facts

Serving Size: 1 Scoop (18.65 g)
Servings Per Container 30

	Amount per Serving	% Daily Value
Calories	50	
Calories from Fat	3	
Total Carbohydrate	5 g	2%†
Dietary Fiber	1 g	4%†
Sugars	3 g	
Protein	7 g	14%†
Vitamin A	2500 IU	50%
Vitamin C	480 mg	800%
Vitamin D	400 IU	100%
Vitamin E	60 IU	200%
Thiamin (vitamin B1)	3 mg	200%
Riboflavin (vitamin B2)	4 mg	235%
Niacin	20 mg	100%
Vitamin B6	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12	18 mcg	300%
Biotin	300 mcg	100%
Pantothenic Acid	20 mg	200%
Calcium	1000 mg	100%
Iron	10 mg	56%
Phosphorus	800 mg	80%
Iodine	150 mcg	100%
Magnesium	200 mg	50%
Zinc	16 mg	107%
Selenium	50 mcg	71%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	50 mcg	42%
Molybdenum	75 mcg	100%
Sodium	50 mg	2%
Potassium	150 mg	4%
Now Proprietary Blend	100.2 mg	**
Rose Hips (fruit)		**
Rutin (from Japanese Sophora (flower))		**
Kelp (whole plant) Extract		**
Cayenne (fruit)		**
Licorice (root) Extract		**
Chinese Rhubarb (root) Extract		**
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.



glutenfree

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CHROME MATE®

OptiZinc®

Other Ingredients: Whey Protein Isolate (milk), Non-Fat Dry Milk, Dicalcium Phosphate, Magnesium Phosphate, Fructose, Calcium Carbonate, Natural & Artificial Flavor, Brewer's Yeast, Ascorbic Acid, Sunflower Lecithin, Potassium Chloride, OptiZinc® Brand of Zinc Monomethionine, Rebiana (stevia leaf extract), d-Alpha Tocopherol Acetate, Molybdenum Yeast, Inulin, Sodium Chloride, Calcium Pantothenate, Ferrous Fumarate, Niacinamide, Copper Gluconate, Selenomethionine, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, ChromeMate® Brand of Niacin Bound Chromium Polynicotinate, Folic Acid, Biotin, Potassium Iodine, Vitamin B12 and Vitamin D3.