



core nutrition

Supplement Facts

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

	Amount per Serving	% Daily Value
Calories	50	
Total Fat	0 g	0%†
Total Carbohydrate	4 g	1%†
Total Sugars	3 g	**
Includes 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	125%
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	20 mg	1%
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.

Other Ingredients: Whey Isolate, Non Fat Dry Milk, Calcium Phosphate, Magnesium Phosphate, Fructose, Calcium Carbonate, Natural & Artificial Flavors, Brewers 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. **CONTAINS MILK.**



KD

OptiZinc®



CHROME MATE®