

# Supplement Facts

Serving Size: 1 Packet (2 tablets, 2 capsules & 1 soft-gel)

Servings per Container: 30

## ULTIMATE™ DAILY™ - 2 tablets

	Amount Per Serving	%DV*		Amount Per Serving	%DV*
Vitamin A (as beta carotene)	4000 IU	80%	Calcium (from tri-calcium phosphate)	400 mg	40%
Vitamin C (as ascorbic acid)	400 mg	670%	Iron (from ferrous fumarate)	2 mg	11%
Vitamin D-2 (as ergocalciferol)	130 IU	33%	Phosphorus (from tri-calcium phosphate)	207 mg	21%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU	333%	Iodine (from kelp - <i>Ascophyllum nodosum</i> )	40 mcg	27%
Vitamin B-1 (as thiamine HCl)	20 mg	1333%	Magnesium (from magnesium amino acid chelate)	100 mg	25%
Vitamin B-2 (as riboflavin)	20 mg	1176%	Zinc (from zinc amino acid chelate)	4 mg	27%
Vitamin B-3 (as niacin, niacinamide)	20 mg	100%	Selenium (from selenium amino acid chelate)	60 mcg	86%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1000%	Copper (from copper amino acid chelate)	0.5 mg	25%
Folic Acid	150 mcg	38%	Manganese (from manganese amino acid chelate)	2 mg	100%
Vitamin B-12 (as cyanocobalamin)	40 mcg	667%	Chromium (from chromium citrate)	40 mcg	33%
Biotin	20 mcg	7%	Potassium (from potassium citrate)	30 mg	<1%
Vitamin B-5 (panthothenic acid as calcium pantothenate)	30 mg	300%	<b>Proprietary Blend</b>	94 mg	**
			(L-Methionine, PABA [Para-Aminobenzoic Acid], Inositol, L-Carnitine [from L-carnitine fumarate], Coenzyme Q-10)		

**OTHER INGREDIENTS:** Vegetable Stearic Acid, Microcrystalline Cellulose, Cellulose Gum, Vegetable Stearate, Magnesium Silicate, Silica.

## ULTIMATE™ CAL® - 1 capsule

	Amount Per Serving	%DV*
Vitamin D-3 (as cholecalciferol)	250 IU	63%
Calcium (from tri-calcium phosphate, citrate)	115 mg	12%
Phosphorus (from tri-calcium phosphate)	40 mg	4%
Magnesium (from magnesium amino acid chelate)	20 mg	5%
Zinc (from zinc amino acid chelate)	1.5 mg	10%
Potassium (from potassium citrate)	40 mg	1%
Boron (from boron amino acid chelate)	0.75 mg	**

**OTHER INGREDIENTS:** Gelatin capsule (gelatin, water), vegetable stearate, silicon dioxide, magnesium silicate.

## ULTIMATE™ MINERAL CAPS™ - 1 capsule

	Amount Per Serving	%DV**
Plant Derived Trace Minerals®	600 mg	**

**OTHER INGREDIENTS:** Gelatin, Gelatin capsule (gelatin and water), Magnesium Silicate.

\* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

\*\* Daily Value (DV) not established.

\*\*\* Standardized powdered extract

## ULTIMATE™ EFA PLUS™ - 1 soft-gel

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	Amount per Serving	%DV*
<b>Calories</b>	12	
Calories from Fat	11	
<b>Total Fat</b>	1 g	2%
Saturated Fat	<1 g	<1%
Polyunsaturated Fat	<1 g	**
Monounsaturated Fat	<1 g	**
Cholesterol	3 mg	1%
<b>Total Omega</b>	827 mg	**
<u>Typical Average Fatty Acid Profile</u>		
Alpha Linolenic Acid (ALA) Omega 3	300 mg	**
Linoleic Acid (LA) Omega 6	103 mg	**
Oleic Acid (OA) Omega 9	120 mg	**
Gamma Linolenic Acid (GLA)	19 mg	**
Eicosapentaenoic Acid (EPA)	171 mg	**
Docosahexaenoic Acid (DHA)	114 mg	**

**OTHER INGREDIENTS:** Fish Oil (Anchovy, Sardines, or Pollock), Organic Flax Seed Oil, Gelatin, Glycerin, Borage Seed Oil, Purified Water, Sunflower Oil and Mixed Tocopherols.