

This product contains **Betatene®** natural mixed carotenoids, an exclusive product of Cognis Corporation. **Betatene®** is a registered trademark of Cognis Corporation.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Suggested Use: Take four (4) capsules once daily, preferably with a meal, as a dietary supplement, or as directed by a physician.

Other Ingredients: Gelatin, rice flour, vegetable magnesium stearate, maltodextrin, sucrose, calcium silicate, acacia, lipids, tapioca starch, cornstarch, silicon dioxide, ascorbyl palmitate, dextrose, dl-Alpha-tocopherol, sodium ascorbate, sodium citrate, and hydroxypropylcellulose.

Contains: fish (Cod, Pollock, Haddock, Hake, Cusk, Redfish, Sole and Flounder). May contain traces of soy.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician. **Note*** Women who are pregnant or may become pregnant are recommended not to exceed 5,000 IU of Vitamin A per day.

For your protection, this container has an outer safety seal.

(Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Lot# 6075297

10-2013

Dietary Supplement

120 Capsules

**Whole
Foods
Power
Multi™**

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value **	Amount Per Serving	% Daily Value **
Calories	7 *	Amylase 5000 FCC units/gm	3.3 mg †
Sodium	6 mg *	(<i>Aspergillus oryzae</i>)	
Protein	1.1 g 2%	Apple pectin (fruit)	13.3 mg †
Vitamin A	6,667 IU 133%	Bee pollen powder	66.7 mg †
(as Beta-Carotene and Betatene® D. Salina® natural beta-carotene with mixed carotenoids)		Betaine HCL	16.7 mg †
Vitamin C	667 mg 1,112%	(from sugar beets)	
(as ascorbic acid)		Mixed carotenoids	2.7 mg †
Vitamin D	267 IU 67%	(from Betatene® natural beta-carotene)	
(as cholecalciferol)		Black current powder (seed)	33.33 mg †
Vitamin E	133 IU 443%	[providing 10% fatty acids (3.3 mg), including 2.5-4% gamma linolenic acid (0.832-2.66 mg)]	
(as d-alpha tocopheryl acetate)		Bromelain	6.67 mg †
Thiamin	16.7 mg 1,113%	(from pineapple) (2400 gelatin digestive units per gram)	
(Vitamin B-1) (as thiamine HCl)		Choline	20 mg †
Riboflavin	16.7 mg 982%	(as choline bitartrate)	
(Vitamin B-2)		DNA	4 mg †
Niacin	26.7 mg 134%	(Deoxyribonucleic acid, from yeast)	
(Vitamin B-3) (as niacinamide)		Inositol	20 mg †
Vitamin B-6	16.7 mg 835%	Korean ginseng powder (root)	33.3 mg †
(as pyridoxine HCl)		Lemon bioflavonoid complex	40 mg †
Folate (as folic acid)	267 mcg 67%	[50% total bioflavonoids (20 mg)]	
Vitamin B-12	133.3 mcg 2,222%	Lipase	3.3 mg †
(as cyanocobalamin)		5000 FCC units/gm (<i>Aspergillus niger</i>)	
Biotin	66.7 mcg 22%	Lutein	1.3 mg †
Pantothenic acid	40 mg 400%	(from marigold flowers)	
(as d-calcium pantothenate)		Octacosanol	133.3 mcg †
Calcium	133.3 mg 13%	(from rice wax)	
(as calcium carbonate and TRAACS® calcium glycinate chelate)		PABA	10 mg †
Iodine (from kelp)	100 mcg 67%	(para-aminobenzoic acid)	
Magnesium	66.7 mg 17%	Papain	20 mg †
(as magnesium oxide and TRAACS® magnesium lysyl glycinate chelate)		2000 USP units/mg (fruit)	
Zinc	10 mg 67%	Quercetin dihydrate (seeds)	20 mg †
(as TRAACS® Zinc Glycinate Chelate and zinc picolinate)		RNA	14 mg †
Selenium	16.7 mcg 24%	(Ribonucleic acid, from yeast)	
(as selenium glycinate complex)		Rutin powder (seeds)	16.7 mg †
Copper	0.3 mg 15%	Spirulina	666.7 mg †
(as TRAACS® Copper Glycinate Chelate)		(California grown) (microalgae)	
Manganese	2.7 mg 135%	Zeaxanthin	625 mcg †
(as TRAACS® manganese l-cystinate chelate)		(from marigold flowers and spirulina)	
Chromium	13.3 mcg 11%		
(as TRAACS® Chromium Nicotinate Glycinate Chelate)			
Chloride (as potassium chloride)	25.6 mg *		
Potassium	33.3 mg *		
(as potassium chloride and potassium glycinate complex)			

† Daily Value not established.

* Contains less than 2% of the Daily Value.

** Daily Values are based on a 2,000 calorie per day diet.

Distributed by: Indiana Botanic Gardens, Inc.
3401 W. 37th Ave. Hobart, IN 46342

