

CORE

COMPLETE

vitamins and minerals blended with enzymes to maximize utilization and supply an essential support for all body functions.

Vitamins and minerals work with the included enzymes to support healthy, efficient function of all body systems. Vitamins support against free radicals, slow the aging process, help balance hormones, and support the body in self-cleansing and detoxifying.

DOSAGE One tablet twice per day.

RELATED PRODUCTS ESSENTIALS, KEYSTONE

DETAILS

Core is a powerful iron-free multivitamin/mineral supplement specifically formulated for the needs of today's active lifestyle. It promotes good health and vitality by providing important nutrients that support against free radicals, slows the aging process, and aids in cleansing and detoxifying the body.

Core includes chelated minerals, high-quality vitamins, herbs, and digestants for maximum assimilation. A synergistically balanced formula of necessary vitamins, minerals, enzymes, and trace minerals contributes to good health by regulating the metabolism and assisting the biochemical processes that release energy from digested food.

Enzymes are essential chemicals that are the foundation of human bodily functions. They are the catalysts or activators in the chemical reactions that are continually taking place within the body. Vitamins and minerals work with these enzymes as coenzymes, thereby allowing all the activities that occur within the body to happen quickly and accurately.



SUPPLEMENT FACTS

Serving size : 1 tablet (1400 mg. tablet)

Amount per serving	%DV
Vitamin A (Retinyl Palmitate).....2400 IU.	48%
Vitamin A (Beta Carotene).....600 IU.	12%
Vitamin B-1 (Thiamine Mono).....10 mg.	666%
Vitamin B-2 (Riboflavin).....10 mg.	588%
Vitamin B-3 (Niacin, Niacinamide).....24 mg.	120%
Vitamin B-5 (Pantothenic Acid).....20 mg.	100%
Vitamin B-6 (Pyridoxine HCL).....10 mg.	500%
Folic Acid.....160 mcg.	80%
Vitamin B-12 (Cyanocobalamin).....80 mcg.	1333%
Biotin.....120 mcg.	40%
Vitamin C (Calcium Ascorbate).....60 mg.	100%
Vitamin D-3 (Cholecalciferol).....20 IU.	5%
Vitamin E (d-Alpha tocof. succinate).....60 IU.	200%
Vitamin K (Phytonadione).....12 mcg.	15%
Calcium (Citrate).....53 mg.	6%
Iodine (Kelp).....60 mcg.	40%
Magnesium (Glycinate).....20 mg.	5%
Manganese (Gluconate).....1 mg.	100%
Zinc (Glycinate).....8 mg.	53%
Copper.....0.3 mg.	2%

Also: Choline Bitartrate 25 mg, Inositol 24 mg, Potassium Citrate 20 mg, PABA 16 mg, Boron 0.5 mg, Vanadium 40 mcg, Chromium Nicotinate 40 mcg, Selenium 20 mcg, and Molybdenum 6 mcg.
 Proprietary blend of: Trace Minerals, Betaine HCL, Green Tea ext., Pump kin Seed ext., Saw Palmetto ext., Ginseng root, Ginger root, Muira Puma ext., Damiana ext., Alfalfa juice conc., Quercetin, GABA, L-Threonine, Grape Seed ext., Capsicum, and Gentian root.

Contains EZA (Amylase, Protease, Lipase, and Cellulase) ADPT: Elethero (Siberian Ginseng), Reishi (Ganoderma Mushroom), Jiaogulan, Cordyceps and Rhodiola Rosea.