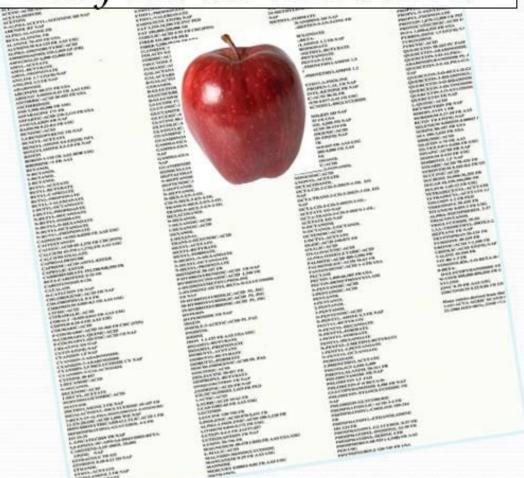
## Whole Food vs. Vitamins!

An apple alone has over 10,000 phytomutrients
Only 400 are listed here!



The average multiple vitamin has 20-30 total isolated nutrients.



Tablet Contains	% DV	<b>Each Tablet Contains</b>
m A 3500 IU	70%	Vitamin B12 6 mcg
™ ≅ beta-carotene)		Biotin 30 mcg
nia C 60 mg	100%	Pantothenic Acid 10 mg
nin 0 400 IU	100%	Calcium 200 mg
nn £ 30 tU	100%	Iron 18 mg
mn ( 25 mcg	31%	Phosphorus 20 mg
min 1.5 mm	100%	lodine 150 mcg
chain 1.7 mm	100%	Magnesium 50 mg
Cl 20 ma	_	Zinc 11 mg
700 85 2 ma	100%	Selenium 55 mcg
And son	100%	Copper 0.5 mg
mn 86 2 mg	100%	Copper 0.5 mg Manganese 2.3 mg