

SPECTRA™

Spectra™ is a high potency, well balanced vitamin mineral supplement for adults ages 17 and older.

Spectra™ delivers 53 nutrients that take the guesswork out of daily supplementation.

Important features include:

- **A balanced B Complex** including two forms of Vitamin B6 to help manage stress, support immune system function, help reduce irritability, support circulation, help maintain blood pressure within normal ranges, and preserve proper cholesterol and homocysteine levels.*
- **Antioxidants** like Beta carotene, mixed citrus bioflavonoids, Vitamin C, Vitamin E and the mineral selenium to support immune system response.*
- **Amino Acids** like L-Glutamine, DL-Methionine, L-Aspartic Acid and L-Cysteine for mental and physical energy.*
- **Linoleic acid** (omega 6 fatty acid) to support cell membrane health.*
- **Natural Vitamin E** in its most active form.
- **Octacosanol** to benefit nerve health and support increased stamina, endurance and strength.*
- **Digestive enzymes** to aid the body in digesting and absorbing food nutrients that are not easily assimilated, and to enhance the absorption and utilization of all the nutrients contained within the formula.*
- **Vitamin C** in the Ascorbate form for immediate assimilation and to prevent stomach irritation.*

Suggested Use: As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 5 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as 100% Beta Carotene) 2,250 mcg	250%	Molybdenum (as Mo AAC) 25 mcg	56%
Vitamin C (as Ca Ascorbate & Ascorbic Acid) 1000 mg	1,111%	Potassium (as K Citrate) 50 mg	1%
Vitamin D3 (as Cholecalciferol) 10 mcg (400 IU) 50%		Boron (as B AAC) 1 mg	*
Vitamin E (as d-alpha Tocopheryl Succinate) 134 mg	893%	Silicon (from Horsetail Rush) 6 mg	*
Vitamin K1 (as Phytonadione) 5 mcg	4%	Betaine HCl 20 mg	*
Thiamin 20 mg	1,667%	Inositol 20 mg	*
Riboflavin 20 mg	1,538%	PABA (Para-aminobenzoic Acid) 15 mg	*
Niacin (as Niacinamide & Niacin) 40 mg	250%	L-Cysteine 20 mg	*
Vitamin B6 (as Pyridoxine HCl and P-5-P) 50 mg	2,941%	L-Glutamine 20 mg	*
Folate 1,500 mcg DFE (Folic Acid 900 mcg)	375%	DL-Methionine 20 mg	*
Vitamin B12 (as Methylcobalamin) 20 mcg	833%	L-Aspartic Acid 20 mg	*
Biotin 600 mcg	2,000%	Octacosanol 250 mcg	*
Pantothenic Acid (as Calcium Pantothenate) 30 mg	600%	Soy Lecithin 150 mg	*
Choline (as Choline Citrate) 20 mg	4%	Linoleic Acid 50 mg	*
Calcium (as Ca Carbonate & Ca Citrate) 1000 mg	77%	RNA (Ribonucleic Acid) 5 mg	*
Iron (Fe aspartate, Fe glycinate & Fe fumarate) 30 mg	167%	Mixed Citrus Bioflavonoids 300 mg	*
Iodine (from Kelp) 225 mcg	150%	Hesperidin 10 mg	*
Magnesium (as Mg Oxide) 500 mg	119%	Rutin 5 mg	*
Zinc (as Zn Gluconate) 20 mg	182%	Pectin 5 mg	*
Selenium (as Se AAC) 25 mcg	45%	Red Raspberry Leaf 5 mg	*
Copper (as Cu AAC) 0.2 mg	22%	Nettle (<i>Urtica dioica</i>) Leaf 5 mg	*
Manganese (as Mn Gluconate) 6 mg	261%	Clove Flower 5 mg	*
Chromium (as Cr Polynicotinate)† 25 mcg	71%	Alfalfa Herb Powder 5 mg	*
		Peppermint Leaf 5 mg	*
		Parsley Leaf 5 mg	*
		Rose Hips 5 mg	*
		Chamomile Flower 5 mg	*
		A proprietary blend of vegetarian enzymes (Amylase, Protease, Lipase, Hemicellulase, and Lactase) 16 mg	*

*Daily Value not established.

†ChromeMate® brand niacin-bound chromium.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Spectra™ is also available in a Copper and Iron free formula.

Note: If you are a woman who wants a multiple without Vitamin A, ask about Spectra™ Woman, a formula designed exclusively for women of childbearing years.

ChromeMate® is a registered trademark of InterHealth N.I.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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