

# HealthSource

America's Chiropractor®



# FUNDAMENTALS

AN ESSENTIAL PLANT-BASED, **MULTI-NUTRIENT SUPPLEMENT** FOR THE ENTIRE FAMILY\*

## Did You Know...

Even those who eat a healthy, well-balanced diet may be missing out on critical nutrients. In addition, many essential vitamins, minerals, and nutrients are often not found in adequate amounts in our diets and/or are not present in the forms that are easiest to absorb. HealthSource Fundamentals is a complete, full spectrum, vegetarian multi-nutrient for the entire family. It is free of synthetic sources and additives. Our proprietary formula is plant-based and designed to support the health of multiple organs, as well as systemic and glandular functions.\*

## The HealthSource Difference

- Potency and purity-verified
- Phyto-forensically screened (identity of ingredients verified)
- Free of soy, dairy, gluten, GMOs, synthetic sources, and/or additives
- Organic and vegetarian-friendly

### FEATURES

#### Full Complement of:

- B-Vitamins
- Vitamins A, C, D, E, and K
- Minerals/Trace Minerals
  - Iron
  - Magnesium
  - Selenium
  - Zinc

#### Additional Ingredients:

- Garlic Extract
- Reishi Mushroom (Beta-glucan)
- Fulvic Acid
- Fermented Greens
- Pre- and Postbiotics.

### BENEFITS

- Immune Support
- Energy Support
- Cognitive Support
- Bone/Osteo Support
- pH Support
- Mood Support
- Cardiovascular Support
- Liver Support
- Digestive/GI Support

**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. If pregnant or nursing, consult your healthcare practitioner before taking this product.

### Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
<b>Calories</b>	5	
<b>Total Carbohydrate</b>	1 g	0%*
Vitamin A (as natural beta-carotene, from organic plant blend)	50 mcg	RAE 6%
Vitamin C (natural ascorbic acid, from organic plant blend)	70 mg	78%
Vitamin D <sub>3</sub> (as vegan, lichen-derived cholecalciferol)	32.5 mcg (1,300 IU)	163%
Vitamin E (as natural tocopherol and tocopherol acetate) <sup>†††</sup>	1.2 mg	8%
Vitamin K (as natural phytylmenadione and natural menaquinone-7, extracted from <i>Bacillus subtilis</i> ) <sup>†††</sup>	90 mcg	75%
Thiamine (natural Vitamin B <sub>1</sub> , from organic plant blend)	2.4 mg	200%
Riboflavin (Vitamin B <sub>2</sub> as natural riboflavin) <sup>†††</sup>	2.4 mg	185%
Niacin (Vitamin B <sub>3</sub> as natural nicotinic acid and niacinamide) <sup>†††</sup>	17.1 mg	107%
Vitamin B <sub>6</sub> (as natural pyridoxine, from organic plant blend)	4.4 mg	259%
Folate (naturally-sourced folic acid) <sup>†††</sup>	700 mcg DFE (420 mcg folic acid)	175%
Vitamin B <sub>12</sub> (as natural methylcobalamin, adenosylcobalamin from bacterial fermentation, from organic plant blend)	20 mcg	833%
Biotin (naturally derived from organic plant blend)	32 mcg	107%
Pantothenic Acid (naturally derived from organic plant blend)	5.3 mg	106%
Iron (naturally derived from organic plant blend)	2 mg	11%
Magnesium (from Ancient Peat Extract) <sup>†††</sup>	10 mg	2%
Zinc (naturally derived from organic plant blend)	2 mg	18%
Selenium (naturally derived from organic plant blend)	60 mcg	109%
Copper (naturally derived from organic plant blend)	0.8 mg	89%
Manganese (naturally derived from organic plant blend)	0.5 mg	22%
Chromium (naturally derived from organic plant blend)	190 mcg	543%
Molybdenum (naturally derived from organic plant blend)	4 mcg	8%
Sodium (from Ancient Peat Extract) <sup>†††</sup>	20 mg	1%
<b>Organic plant blend</b>	1,000 mg	†
Organic holy basil (leaf), <sup>††</sup> organic amla (fruit), <sup>††</sup> organic lemon (peel, fruit), <sup>††</sup> organic carrot (root), <sup>††</sup> organic sesbania (flower, leaf), <sup>††</sup> organic shiitake (fruiting body), <sup>††</sup> organic curry (leaf) (murraya koenigii), <sup>††</sup> organic spinach (leaf), <sup>††</sup> organic moringa (leaf) (moringa oleifera), <sup>††</sup> organic guava (leaf), <sup>††</sup> organic beet (root), <sup>††</sup> organic green tea (leaf), <sup>††</sup> organic annatto (seed), <sup>††</sup> organic basil (leaf), <sup>††</sup> organic parsley (leaf), <sup>††</sup> organic black mustard (seed), <sup>††</sup> organic lichen (thallus) <sup>††</sup>		
<b>Immune complex</b>	140 mg	†
Garlic extract (bulb) (allium sativum) (standardized to minimum 1% allicin), reishi (fruiting body) (ganoderma lucidum)		
<b>Organic Fermented Greens PhytoBlend</b>	140 mg	†
Organic fermented barley grass, organic fermented kale (leaf), organic fermented oat grass, organic fermented chlorella (whole; broken cell wall) (chlorella sorokiniana), organic fermented alfalfa (herb), organic fermented cilantro (leaf), organic fermented spinach (leaf) (spinacia oleracea)		
<b>Ancient peat extract</b> (Ancient plant minerals, 39+ trace minerals)	125 mg	†
<b>Organic MCT oil extract</b>	40 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value Not Established

Other Ingredients: Plant-source capsules (cellulose, water), organic jasmine rice bran, organic coconut milk/sap

<sup>††</sup>Extract, <sup>††††</sup>From organic plant blend

Contains: Coconut (tree nut)

**Suggested Use:** As a dietary supplement, take 2 capsules twice daily with meals or as directed by your healthcare practitioner.

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