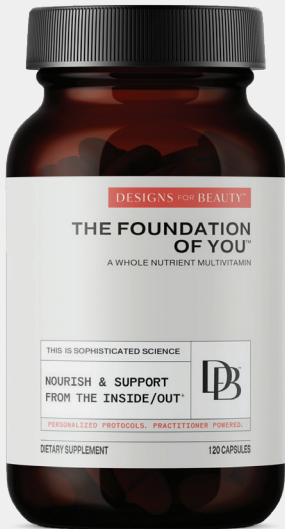


The Foundation of You™






A WHOLE NUTRIENT MULTIVITAMIN

The Foundation of You™ is not your average multivitamin. Not only does it provide vitamins and minerals in their naturally occurring and bio-identical forms, but it is also specifically formulated to mimic the nutrient intake found in a whole-food, nutrient-dense, ancestral-type diet – meaning the diets we ate millions of years ago.* This product supports radiant and healthy-looking hair, skin, and nails by supporting optimal foundational health (not just meeting basic nutritional needs).* This strategically formulated multivitamin is designed to nourish your beauty from within and can complement any diet type, including the evolutionary or Mediterranean diet.*



BENEFITS*

- 1 HELPS TO NOURISH HEALTHY-LOOKING HAIR, SKIN, AND NAILS
- 2 PROMOTES NORMAL REPAIR AND STRENGTH OF OUR HAIR, SKIN, AND NAILS
- 3 PROMOTES OPTIMAL STATUS OF ESSENTIAL NUTRIENTS AND BENEFICIAL PLANT COMPOUNDS
- 4 PROMOTES ANTIOXIDANT STATUS
- 5 SUPPORTS SKIN HEALTH DURING THE AGING PROCESS

PLM120-DFB 120 capsules	
<div><div>GLUTEN FREE FORMULA</div><div>DAIRY FREE FORMULA</div><div>SOY FREE FORMULA</div><div>NON GMO INGREDIENTS</div><div>VEGETARIAN FORMULA</div></div>	
Recommended Use	Take 4 capsules per day or as directed by your health-care practitioner. (Divided dosing recommended.)

Warning	If taking a blood thinning medication, consult a health-care practitioner before use.
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The Foundation of You™

Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as Mixed Carotenoids and Palmitate)	1500 mcg RAE	167%
Vitamin C (as Ascorbic Acid and Acerola)	400 mg	444%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4)	450 mcg	375%
Thiamin (as Thiamin HCl)	2.4 mg	200%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	4.2 mg	323%
Niacin (as Niacinamide and Niacin)	60 mg NE	375%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	6.7 mg	394%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE	170%
Vitamin B-12 (as Methylcobalamin)	200 mcg	8333%
Biotin (as d-Biotin)	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	100%
Calcium (as di-Calcium Malate)	50 mg	4%
Magnesium (as di-Magnesium Malate)	150 mg	36%
Zinc (as Zinc Bisglycinate Chelate)	15 mg	136%
Selenium (SelenoExcell®)	100 mcg	182%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	571%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%
Wild Blueberry Blend [Canadian wild blueberries (<i>Vaccinium angustifolium</i> Ait., <i>Vaccinium angustifolium ssp nigrum</i> , <i>Vaccinium myrtilloides</i>)(berry)]	100 mg	*
Muscadine Grape Powder (<i>Vitis rotundifolia</i>)(skin and seeds)	100 mg	*
Citrus Bioflavonoids	100 mg	*
Broccoli Blend [Broccoli Powder Extract (<i>Brassica oleracea</i> L.) (seed)(TrueBroc®), Mustard Powder (<i>Sinapis alba</i>)(seed)]	50 mg	*
Quercetin	50 mg	*
Vitamin E Isomers (DeltaGold®)[as delta and gamma tocotrienols from annatto (<i>Bixa orellana</i>)(seed)]	25 mg	*
Trans Resveratrol (Veri-te™)	10 mg	*
Pantethine (Pantesin®)	5 mg	*
Lutein Esters	3 mg	*
Lycopene	3 mg	*
Boron (as Bororganic Glycine)	1 mg	*
Benfotiamine	1 mg	*

*Daily Value not established

JUST THE FACTS

- **Vitamin C and vitamin E isomers** – Supports skin strength, elasticity, hydration, and radiance.* Plus, may help to brighten and even skin tone.* Promotes normal skin healing, optimal antioxidant status, and healthy inflammatory responses in the skin.* Offers some defense from environmental exposures that contribute to wrinkles, fine lines, or discoloration.*
- **Citrus bioflavonoids, lutein, lycopene, resveratrol, quercetin, wild blueberry blend, broccoli blend, muscadine grape extract** – Fruit and vegetable extracts and beneficial plant compounds that were likely consumed in greater quantities millions of years ago.* Boosts antioxidant status and supports healthy inflammatory responses, promoting hair, skin, and nail health.*
- **Vitamin A, zinc, copper, selenium, and the B vitamins (thiamine, riboflavin, niacin, vitamin B6, folate, vitamin B12, biotin, and pantothenic acid)** – Promote healthy hair follicles, skin, and nail function by promoting normal cellular repair and strength, especially vitamin A, zinc, and biotin.* Bioidentical and bioactive forms of B vitamins for enhanced bioavailability.* Chelated minerals for superior absorption and bioavailability.*
- **Pantothenic acid and pantethine** – Supports optimal vitamin B5 status.* Promotes normal fat metabolism, which can help promote clear-looking skin.*
- **Chromium** – Supports skin health by promoting normal blood sugar metabolism.*

For additional support of hair, skin, and nails, use alongside formulas containing collagen peptides such as Whole Beauty Collagen™.* Consult with your health-care practitioner about your specific circumstances and any questions you may have.

*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.