



HealthSource
America's Chiropractor

FUNDAMENTALS

WITH AMINO ACIDS, OCTACOSANOL, AND ENZYMES

A MULTIPLE VITAMIN/MINERAL SUPPLEMENT FOR ADULTS

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

Fundamentals 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.*

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving

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| Vitamin A | 9,500 IU |
| (7,500 IU as beta carotene & 2,000 IU as Vitamin A Palmitate) | |
| Vitamin C (as Ascorbate Acid and Calcium Ascorbate) | 500 mg |
| Vitamin D3 (as Cholecalciferol) | 200 IU |
| Vitamin E (as d-alpha tocopheryl succinate) | 200 IU |
| Vitamin K1 (as Phytanadione) | 2.5 mcg |
| Thiamin | 35 mg |
| Riboflavin | 35 mg |
| Niacin (as Niacinamide & Niacin) | 35 mg |
| Vitamin B6 (as Pyridoxine HCl & P-5-P) | 35 mg |
| Folic Acid | 200 mcg |
| Vitamin B12 (as Methylcobalamin) | 35 mcg |
| Biotin | 150 mcg |
| Pantothenic Acid (as Ca Pantothenate) | 35 mg |
| Calcium (as Ca Carbonate & Ca Citrate) | 300 mg |
| Iron (as Fe Aspartate, Glycinate & Fumarate) | 5 mg |
| Iodine (from kelp) | 35 mcg |
| Magnesium (as Mg Oxide) | 180 mg |
| Zinc (as Zn Gluconate) | 10 mg |
| Selenium (as Se AAC & Selenomethionine) | 25 mcg |
| Copper (as CU AAC) | 0.025 mg |
| Manganese (as Mn Gluconate) | 2.5 mg |

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| Chromium (as Cr Polynicotinate)† | 25 mcg |
| Molybdenum (as Mo AAC) | 25 mcg |
| Potassium (as K Citrate) | 25 mg |
| Boron (as B AAC) | 0.5 mg |
| Nickel (as Ni Sulfate) | 0.25 mcg |
| Silicon (from Horsetail Rush) | 3 mg |
| Vanadium (as V Sulfate) | 10 mcg |
| Choline (as Choline Citrate) | 35 mg |
| Inositol | 35 mg |
| PABA (Para-aminobenzoic acid) | 35 mg |
| L-Cysteine (enteric coated) | 50 mg |
| L-Glutamine | 50 mg |
| DL-Methionine (enteric coated) | 50 mg |
| L-Aspartic Acid | 75 mg |
| Octacosanol (from sugar cane) | 500 mcg |
| Soy Lecithin | 50 mg |
| Linoleic Acid | 50 mg |
| RNA (ribonucleic acid) | 5 mg |
| Mixed Citrus Bioflavonoids | 100 mg |
| Hesperidin | 12.5 mg |
| Rutin | 12.5 mg |
| Pectin | 12.5 mg |
| Betaine HCl | 10 mg |
| Bromelain | 2 mg |
| Papain | 2 mg |
| Cellulase Enzymes | 2 mg |
| A proprietary blend of vegetarian enzymes: Including Amylase, Protease, Lipase, Hemicellulase and Lactase | 8 mg |

†ChromeMate® brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, croscarmellose sodium, vegetable stearate, silicon dioxide, pharmaceutical glaze.

Contains: Soy.

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.

Suggested Use: As a dietary supplement, take 2 tablets daily, or as directed by your healthcare practitioner.

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Distributed by
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02Y0185.120

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