



Veggie Delight

In a perfect world we would all eat at least 9 servings of fruits and vegetables that are recommended daily for a well balanced diet. However, in the real world, we are lucky if we get two servings of fruit and vegetables daily, and often; only if we count the lettuce and tomato on our hamburgers!

It's for this reason that supplements such as **Veggie Delight** are very necessary and important for overall good health. Vegetable supplements are an easy and cost effective way to get the benefits fruits and vegetables can provide for our bodies without actually having to eat numerous daily servings. Vegetable supplements contain numerous ingredients that are essential for the proper functioning of our bodies such as vitamins, minerals, amino acids, protein, carbohydrates, and antioxidants.

Veggie Delight is a unique vegetarian formula and provides the body with a complete regimen of vitamins and minerals that may be lacking in your daily diet. It also contains a select group of nutrients found in fresh vegetables, fruits and various plant foods called "Designer Food Actives" or phyto-chemicals that are recognized by the National Cancer Institute for their significance in promoting optimum good health.

Do you and your family have a busy, hectic lifestyle? Do you have difficulty finding time to eat healthy? If so, don't let your health suffer, supplement your diet with **Veggie Delight** daily. In the years to come you'll be glad you did!

Supplement Facts		
Serving Size 3 Tablets		
Amount Per Serving		
	Amount	% Daily Value
Vitamin A (palmitate)	5000 IU	100%
Beta Carotene	1000 IU	300%
Vitamin C (ascorbic acid)	500 mg	833%
Vitamin E (d-alpha tocopherol)	200 IU	667%
Vitamin B-1 (thiamine hcl)	20 mg	1333%
Vitamin B-2 (as riboflavin)	30 mg	1764%
Niacin (as niacinamide)	30 mg	150%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	20 mg	1000%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	75 mcg	25%
Folic Acid	400 mcg	100%

Calcium D-Glucarate	30 mg	*
Chromium (citrate)	200 mcg	*
Allicin	300 mcg	*
(from odorless garlic)	100 mg	*
Polyphenol Catechine	10 mg	*
(from green tea extract)	30 mg	*
Glucyrrhizin (from licorice root)	30 mg	*
Rosemary Extract	75 mg	*
Freeze-Dried Broccoli	100 mg	*
Freeze Dried Tomatoes	100 mg	*
Choline (bitartrate)	25 mg	*
Inositol	30 mg	*
Molybdenum (sodium molybdate)	100 mcg	*
Iodine (from kelp)	150 mcg	*
Selenium (as l-selenomethionine)	50 mcg	*
Boron (potassium borate)	3 mg	*
Silica (colloidal silica)	10 mg	*
Organic Horsetail	225 mg	*
Vitamin K-1	50 mcg	*
Fructooligosaccharides	200 mg	*
*%Daily Value not established.		

Other Ingredients: Di-Calcium Phosphate, Stearic Acid, Magnesium Stearate, and Microcrystalline Cellulose

SUGGESTED USE: As a dietary supplement, take one (1) tablet with each meal. Do not exceed three (3) tablets daily.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.