

Supplement Facts

Serving Size 1 Packette

Servings Per Container 30

| Amount Per Serving | % Daily Value | |
|---------------------------------------------------------------------------------------------|---------------|-------|
| Calories | 25 | |
| Calories from fat | 18 | |
| Total Fat | 2 g | 3%* |
| Total Carbohydrate | 2 g | <1%* |
| Vitamin A (from retinyl palmitate) | 4,000 IU | 80% |
| Vitamin C (as ascorbic acid and from acerola cherry (<i>Malpighia punicifolia</i>)(fruit) | 466 mg | 777% |
| Vitamin D (from cholecalciferol) | 400 IU | 100% |
| Vitamin E (as d-alpha tocopherol) | 110 IU | 367% |
| Thiamin (as thiamine mononitrate and from yeast) | 30 mg | 2000% |
| Riboflavin (as riboflavin and from yeast) | 30 mg | 1765% |
| Niacin (as niacinamide and from yeast) | 200 mg | 1000% |
| Vitamin B6 (as pyridoxine hydrochloride and from yeast) | 30 mg | 1500% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B12 (as cyanocobalamin) | 30 mcg | 500% |
| Biotin | 20 mcg | 7% |
| Pantothenic Acid (as calcium pantothenate and from yeast) | 62 mg | 620% |
| Calcium (chelated and from dicalcium and tricalcium phosphate) | 385 mg | 39% |
| Iron (as ferrous peptonate) | 6 mg | 33% |
| Phosphorous (from dicalcium and tricalcium phosphate) | 82 mg | 8% |
| Iodine (from kelp) | 100 mcg | 66% |
| Magnesium (chelated and as magnesium oxide) | 135 mg | 34% |
| Zinc (chelated and as zinc oxide) | 30 mg | 200% |
| Selenium (as sodium selenite and from yeast) | 200 mcg | 285% |
| Copper (as copper gluconate) | 2 mg | 100% |
| Manganese (as manganese gluconate) | 10 mg | 500% |
| Chromium (from chromium yeast and chelated) | 100 mcg | 83% |
| Molybdenum (as molybdenum trioxide) | 150 mcg | 200% |
| Potassium (as potassium carbonate and as potassium gluconate) | 76 mg | 2% |

†† Federal Regulations require this statement on certain products containing iron.

| Amount Per Serving | % Daily Value | |
|----------------------------------------------------------------------------------------------------------|---------------|---|
| Desiccated liver | 1000 mg | † |
| Inositol | 190 mg | † |
| Choline bitartrate | 125 mg | † |
| Rutin | 50 mg | † |
| Rosehips (<i>Rosa canina</i>)(fruit) | 45 mg | † |
| Lecithin (from soy) | 30 mg | † |
| Lemon Bioflavonoid | 25 mg | † |
| Hesperidin | 25 mg | † |
| Mixed non-alpha tocopherol | 20 mg | † |
| Betaine hydrochloride | 10 mg | † |
| TRE-EN-EN® Grain Concentrate Blend | 675 mg | † |
| Rice Bran Oil; Soya Bean Oil; Wheat Germ Oil | | |
| Neo-Plex Concentrate Blend | 84 mg | † |
| Orange Juice powder (Citrus sinensis)(fruit); Orange powder (Citrus sinensis)(peel), Citrus Bioflavonoid | | |
| Phyto Enzyme Blend | 45 mg | † |
| Lipase; Protease; Diastase; Amylase | | |

* Percent Daily values are based on 2,000 calorie diet.
† Daily Value not established.

Other Ingredients; Glycine, stearic acid, microcrystalline cellulose, hydroxypropyl methylcellulose, gelatin, magnesium silicate, powdered cellulose, laminaria digitata, sodium croscarmellose, silicon dioxide, glycerin, food glaze, yellow beeswax, dulse, gum acacia, magnesium stearate, titanium dioxide, water, irish moss, natural color, wheat germ powder, rice bran powder and triacetin. Contains milk, soy and wheat.

Each serving of Sports 30 contains GNLD's unique four-factor food supplement, Formula IV® Plus including Tre-En-En® Grain Concentrates with whole grain lipids and sterols, Selenium E with 100% natural mixed tocopherols, Bio B+C enhanced with Neo-Plex Concentrate, biologically bound yeast and with high potency, Threshold Control nutrient release over a 6 hour period, Chela-Sea M with chelated and complexed minerals from sea vegetation, and energy-promoting Liver Plus C with defatted liver.

SUGGESTED USE: 1 Packette daily with breakfast or lunch.

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