

Just 3

There is really no such thing as a complete 1 per day formulation—they usually lack sufficient levels of key nutrients, complex vitamins and important minerals such as calcium and magnesium. Furthermore, nearly all of the Vitamin C and B-Complex can be used up by the body within a matter of hours after taking the single tablet. Formulas that are designed to be taken in doses of two or more tablets daily help correct this problem—by taking one tablet with each meal, nutrients are being consistently replaced as the body metabolizes them.

Just 3 is simply that, one of the most complete 3 per day formulas on the market providing a high potency blend of vitamins and minerals along with a complete food based complex including fruit and vegetable blends and **spirulina**.

Imagine a plant that can nourish your body by providing most of the protein you need to live, help prevent the annoying sniffing and sneezing of allergies, reinforce your immune system, help you control high blood pressure and cholesterol and help protect you from cancer.

Today, these nutrient-rich algae are being used around the world to help treat illness and are being seriously discussed as a sustainable source of food with the potential to end world hunger. Unlike most plants, which need to be cultivated and nurtured, it's a survivor, able to withstand extreme temperature variations and neglect and still thrive. It's being successfully used to treat a wide variety of ailments, including those who've been poisoned by arsenic-contaminated water.

It's called spirulina. Also included are powerful antioxidants such as green tea, grape seed and red raspberry in addition to an impressive list of herbs and enzymes.

Vitamin A (67% as beta-carotene / 33% as palmitate)	15,000 IU	300%
Vitamin C (as calcium ascorbate)	500 mg	833%
Vitamin E (d-alpha toco. acetate)	200 IU	667%
Vitamin B-1 (as thiamine mononitrate)	50 mg	3333%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin B-2 (as riboflavin)	50 mg	3941%
Niacin (granular)	10 mg	50%
Vitamin B-6 (as pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	20 mg	100%
Calcium (Phosphate / Amino Acid Chelate)	175 mg	18%
Phosphorus (di-calcium phosphate)	48 mg	5%
Magnesium (amino acid chelate)	100 mg	25%
Zinc (amino acid chelate)	15 mg	100%
Selenium (amino acid chelate)	50 mcg	71%
Copper (as oxide)	200 mcg	10%
Manganese (sulfate)	5 mg	250%
Chromium (as polynicotinate)	50 mcg	42%
Potassium (as citrate)	50 mg	501%
Vegetable Complex from broccoli, celery, parsley, cauliflower, carrots, spinach, Yams, collard greens, kale & Brussels sprouts)	100 mg	*

Fruit Complex (from oranges, lemons, tangerines, grapefruits and limes)	100 mg	*
Raspberry Juice Extract	25 mg	*
Enzyme Complex (from plants)	74 mg	*
Grape Seed (5:1 extract)	25 mg	*
Boron (amino acid chelate)	25 mcg	*
Citrus Bioflavanoids	50 mg	*
Inositol	75 mg	*
Octacosanol	15 mg	*
Korean Ginseng (powder)	50 mg	*
Kelp	210 mcg	*
Psyllium Husks	15 mg	*
Apple Pectin	15 mg	*
Choline (bitartrate)	75 mg	*
Oat Bran	15 mg	*
Safflower (powder)	100 mg	*
Lecithin	75 mg	*
Chlorophyll	15 mg	*
L. Acidophilus (4 billion / gram)	15 mg	*
Green Tea (extract / decaff)	25 mg	*
Trace Mineral Complex	3 mg	*
para-Aminobenzoic acid	15 mg	*
Barley Grass	15 mg	*
Spirulina Algae	500 mg	*
Wheat Grass	200 mg	*
Gotu Kola (as powder)	50 mg	*
Echinacea (as root powder)	25 mg	*

Balance

Our final objective in our Natural Supplement Weight Loss Program is to create balance. By incorporating *Just 3* into your diet, we develop structure for much needed nutrients. We hope that by helping to lay a foundation for the new you the natural way, you will continue to follow a healthy path to maintaining your weight loss in the future.

Suggested use: As a dietary supplement take one (1) tablet three times daily with meals with an 8 oz. glass of non-chlorinated water. See container for further instructions.

Allergen Warnings: Contains Soy (Soy Isoflavones) and Wheat (wheat grass, octacosanol).