



SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (about 15 mL)

Servings per container: 32

Amount Per Serving			
Calories	10	Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Sodium	0mg	0%	
Total Carbohydrate	2g	1%	
Sugars	2g		
Protein	0g	0%	
Vitamin A	8%	Vitamin C	10%
Calcium	0%	Vitamin B1	170%
Vitamin B2	500%	Vitamin B3	70%
Vitamin B6	70%	Vitamin B12*	2030%

* Percent daily Values (%DV) are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Not a significant source of Iron and Dietary Fiber.

* Note: it has been documented that only a small portion of Vitamin B12 in AFA is Bio-available.

Ingredients: Organic Fresh Frozen AFA (Aphanizomenon flos-aquae), Organic Apple and Lemon Concentrate.

As with any nutritional supplement, you should consult your physician before beginning a dietary regimen containing this product. Keep out of the reach of children. If you are nursing, pregnant or considering pregnancy, you should consult your healthcare professional prior to using this product. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.