

Fruit/Veggie Complex

(U.S. product)

Article No. 02268 (30-day supply)

The greatest nutritional shortfall for most people is not eating enough fruits and vegetables. These foods provide crucial vitamins and minerals, fiber, and enzymes necessary for proper functioning of the body. Even those who feel they eat enough fruits and vegetables are probably not getting the variety provided in this single supplement. These unique bi-layer caplets deliver rapid-release fruit concentrates and extended-release vegetable concentrates. A daily serving contains the all-natural carotenes and vitamin C found in four glasses of juice, and fruit enzymes equal to ten glasses of juice! 60 caplets; two per day.

- **Rapid/Extended-release formula:** Unique bilayer green and gold caplet separates fruit and vegetable nutrients. Fruits and enzymes dissolve in the stomach; vegetables and fiber dissolve in the small intestine. This assures optimum nutrition both immediately and throughout the day.
- **All-natural antioxidants:** Contains the mixed carotenes and vitamin C found in four glasses of juice—no synthetic beta carotene!
- **Fruit enzymes:** Provides a full 100 mg of potent fruit enzymes, equal to ten glasses of juice!
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*
- **Convenient:** No need for two separate fruit and vegetable supplements! Fruit/Veggie Complex delivers more nutrition in just two easy-to-swallow caplets.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*



Supplement Facts

Serving Size 2 Bilayer Caplets
Servings per container 30

	Amount per 2 caplets	% DV
Vitamin A (100% natural mixed carotenes derived from Dunaliella salina algae)	5,000 IU	100
Vitamin C (ascorbic acid, fruit and vegetable concentrates)	150 mg	250
FRUIT LAYER (rapid release)		
Fruit Concentrate Blend	700 mg	†
Apple, apricot, banana, black currant, blueberry, cantaloupe, cranberry, grapefruit, guava, kiwi, lemon, lime, mango, orange, papaya, peach, pineapple, red raspberry, red wine grape, strawberry, tomato		
Fruit enzymes (papain from papaya fruit, bromelain from pineapple, ficin from fig)	100 mg	†
VEGETABLE LAYER (extended release)		
Vegetable Concentrate Blend	700 mg	†
Alfalfa sprouts, barley grass, beet, broccoli, brussels sprouts, cabbage, carrot, cayenne, celery, fennel, garlic, bell pepper, kale, oat seed, onion, parsley, spinach, squash, turnip, watercress		
Vegetable Fiber Blend	250 mg	†
Pure plant cellulose, beet fiber, oat bran, rice bran		
Watkins Proprietary Bio-Activator™ Blend	50 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme.		

† Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze.

Directions: For adults and children twelve years of age and older: take two caplets per day with any meal.

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“I have a very sensitive colon and have tolerated daily pain. When I started taking Watkins Fruit/Veggie Complex, I noticed that my stomach was not cramping as usual. If I stop taking it, the pain comes back. I always recommend it to customers with sensitive colons.”

—**Kathryn Knopf, Michigan**