



Ark 2 – MICRO®

Dietary Food Supplement



Ingredients & Supplement Facts
 Serving Size: 2 Capsules Servings per container: 30

EACH 2 CAPSULES WILL PROVIDE:

Active Ingredients:	Per 2 Capsules	* %ECRDA
Vitamin A (As Palmitate).....	300ug.....	37.5
Beta Carotene.....	400ug.....	50.0
Vitamin D.....	10ug.....	200
Vitamin E.....	40mg.....	400
Vitamin C.....	120mg.....	200
Thiamine.....	3mg.....	214
Riboflavin.....	3.4mg.....	213
Niacin.....	40mg.....	222
Vitamin B6.....	4mg.....	200
Folacin/Folic Acid.....	400ug.....	200
Vitamin B12.....	2.4ug.....	240
Biotin.....	0.03mg.....	20
Pantothenic Acid.....	.5mg.....	83
Vitamin K.....	10ug.....	**
Calcium.....	250mg.....	31
Iron.....	9mg.....	64
Magnesium.....	100mg.....	33
Zinc.....	15mg.....	100
Iodine.....	38ug.....	25
Selenium.....	70ug.....	**
Copper.....	2mg.....	**
Manganese.....	2mg.....	**
Chromium.....	120ug.....	**
Molybdenum.....	75ug.....	**
Inositol.....	25mg.....	**
Citrus Bioflavonoids.....	50mg.....	**
Tomato Powder.....	25mg.....	**
CoQ10 (Co-enzyme Q10).....	20mg.....	**

* % ECRDA – European Community Recommended Daily Allowance is based on a 2,000 calorie diet. Your ECRDA may be higher or lower depending on your calorie needs.

** No % ECRDA established.

Ingredients:

Capsule shell (vegetable Cellulose), vitamin C (as ascorbic acid), calcium carbonate, calcium phosphate, calcium ascorbate, calcium citrate, magnesium oxide, magnesium citrate, citrus bioflavonoids, niacin (as niacinamide), vitamin E (as dl-alpha-tocopherol-acetate), maltodextrin (filler), inositol, tomato powder, beta carotene, co-enzyme Q10, zinc gluconate, vitamin A (as palmitate), ferrous sulphate, magnesium stearate (lubricant), silica (lubricant), pantothenic acid, vitamin B6 (as pyridoxine hydrochloride), riboflavin, thiamine hydrochloride, copper gluconate, manganese sulphate, folacin (as folic acid), chromium chloride, sodium molybdate, selenium methionate, potassium iodide, biotin, vitamin B12 (as cyanocobalamin), vitamin D (as cholecalciferol), vitamin K.

ARK 2 – MICRO is a Micro Nutritional Delivery Agent in the form of a multi vitamin & mineral complex with Co Q10 that is made exclusively and only for Arkworld International. All rights reserved.

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May be used in conjunction with **Arkworld's Ark 1 – The Pink Drink** and **Ark 3 – X-Cell (The Purple Pill)** as part of the **Arkworld Micro Nutritional Product Range** as well as a delivery Agent for all other Arkworld products.

This exclusively formulated product is only available through Arkworld Independent Distributors.