

Supplement Facts

Servings Per Container: 60

Serving Size: 2 Capsules

Amount Per Serving		% DV
Vitamin A	230 mcg	26%
Vitamin C	80 mg	89%
Vitamin D	4.8 mcg	24%
Vitamin E	32 mg	213%
Thiamin	2.4 mg	200%
Riboflavin	1.8 mg	138%
Niacin	12 mg	75%
Vitamin B6	4.8 mg	282%
Folate (as Folic Acid)	326 mcg DFE (192 mcg folic acid)	82%
Vitamin B12 (as Cyanocobalamin)	120 mcg	5,000%
Biotin	144 mcg	480%
Pantothenic Acid	2.8 mg	56%
Choline	72 mg	13%
Calcium	176 mg	14%
Iron	1.8 mg	10%
Phosphorus	112 mg	9%
Iodine	28 mcg	19%
Magnesium	80 mg	19%
Zinc	6.4 mg	58%
Selenium	26 mcg	47%
Copper	0.96 mg	107%
Manganese	1.28 mg	56%
Chromium	84 mcg	240%
Molybdenum	20 mcg	44%
Potassium	32 mg	1%

Proprietary Blend 182 mg **

[DL-Phenylalanine, Vanadium Chelate, Lemon Bioflavonoid Complex 10% (from Citrus Limon Fruit), L-Glutamine, Inositol, L-Methionine, Boron Chelate, Grape Seed Extract, Ginkgo Leaf Extract, Germanium Sesquioxide, Nickel Chelate]

**Daily Value Not Established

Other ingredients: Gelatin (with Titanium Dioxide), Magnesium Stearate, Glycine, Microcrystalline Cellulose, Citric Acid, Silicon Dioxide, Mineral Wax.