

# Supplement Facts

Servings Per Container: 30

Serving Size: 1 Stick (3 g)

Amount Per Serving		% DV
Vitamin A	28.8 mcg	3%
Vitamin C	10.0 mg	11%
Vitamin D	0.6 mcg	3%
Vitamin E	4.0 mg	27%
Thiamin	0.3 mg	25%
Riboflavin	0.23 mg	18%
Niacin	1.5 mg	9%
Vitamin B6	0.6 mg	35%
Folate (as calcium L-5-MTHF)	24.0 mcg	6%
Vitamin B12 (as methylcobalamin)	15.0 mcg	625%
Biotin	18.0 mcg	60%
Pantothenic Acid	0.35 mg	7%
Choline	9.0 mg	2%
Calcium	22.0 mg	2%
Iron	0.23 mg	1%
Phosphorus	14.0 mg	1%
Iodine	3.4 mcg	2%
Magnesium	10.0 mg	2%
Zinc	0.8 mg	7%
Selenium	3.4 mcg	6%
Copper	0.12 mg	13%
Manganese	0.16 mg	7%
Chromium	0.01 mcg	<1%
Molybdenum	2.4 mcg	5%
Potassium	4.0 mg	<1%

**Proprietary Blend** 18.75 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: Erythritol, Natural Flavors, Malic Acid, Magnesium Stearate (from coconut oil), Glycine, Citric Acid, Mineral Wax