

Supplement Facts

Servings Per Container: 30

Serving Size: 1 Capsule

Amount Per Serving		% DV
Vitamin A (as retinyl palmitate)	230 mcg	26%
Vitamin C (as ascorbic acid)	80 mg	89%
Vitamin D (as cholecalciferol)	4.8 mcg	24%
Vitamin E (as d-alpha tocopheryl succinate)	32 mg	213%
Thiamin (as thiamin mononitrate)	2.4 mg	200%
Riboflavin	1.8 mg	138%
Niacin (as niacinamide)	12 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	4.8 mg	282%
Folate (as calcium L-5-MTHF)	326 mcg DFE	82%
Vitamin B12 (as methylcobalamin)	120 mcg	5,000%
Biotin	144 mcg	480%
Pantothenic Acid (as d-calcium pantothenate)	2.8 mg	56%
Choline (as choline bitartrate)	72 mg	13%
Calcium (as chelate)	176 mg	14%
Iron (as chelate)	1.8 mg	10%
Phosphorus (as chelate)	112 mg	9%
Iodine (from atlantic kelp)	28 mcg	19%
Magnesium (as chelate)	80 mg	19%
Zinc (as chelate)	6.4 mg	58%
Selenium (as chelate)	26 mcg	47%
Copper (as chelate)	0.96 mg	107%
Manganese (as chelate)	1.28 mg	56%
Chromium (as chelate)	84 mcg	240%
Molybdenum (as chelate)	20 mcg	44%
Potassium (as chelate)	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: glycine, citric acid, magnesium stearate, turmeric root extract (color)