

# Supplement Facts

Servings Per Container: 30  
Serving Size: 1 Stick (2.9 g)

Amount Per Serving		% DV
Vitamin A (as retinyl palmitate)	28.8 mcg	3%
Vitamin C (as ascorbic acid)	10.0 mg	11%
Vitamin D (as cholecalciferol)	0.6 mcg	3%
Vitamin E (as d-alpha tocopheryl succinate)	4.0 mg	27%
Thiamin (as thiamin mononitrate)	0.3 mg	25%
Riboflavin	0.23 mg	18%
Niacin (as niacinamide)	1.5 mg	9%
Vitamin B6 (as pyridoxine hydrochloride)	0.6 mg	35%
Folate (as Folic Acid)	24.0 mcg	6%
Vitamin B12 (as Cyanocobalamin)	15.0 mcg	625%
Biotin	18.0 mcg	60%
Pantothenic Acid (as d-calcium pantothenate)	0.35 mg	7%
Choline (as choline bitartrate)	9.0 mg	2%
Calcium (as chelate)	22.0 mg	2%
Iron (as chelate)	0.23 mg	1%
Phosphorus (as chelate)	14.0 mg	1%
Iodine (from atlantic kelp)	3.4 mcg	2%
Magnesium (as chelate)	10.0 mg	2%
Zinc (as chelate)	0.8 mg	7%
Selenium (as chelate)	3.4 mcg	6%
Copper (as chelate)	0.12 mg	13%
Manganese (as chelate)	0.16 mg	7%
Chromium (as chelate)	0.01 mcg	<1%
Molybdenum (as chelate)	2.4 mcg	5%
Potassium (as chelate)	4.0 mg	<1%
Proprietary Blend	18.75 mg	**
[DL-Phenylalanine, Vanadium Chelate, Lemon Bioflavonoid Complex 10% (from <i>Citrus Limon</i> 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