

# Supplement Facts

Servings Per Container: 30

**Serving Size: 1 Capsule**

<b>Amount Per Serving</b>		<b>% DV</b>
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 Calcium L-5-MTHF)	326 mcg DFE	82%
Vitamin B12 (as Methylcobalamin)	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%
<b>Proprietary Blend</b>	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)