

# Supplement Facts

Serving Size: 3 Tablets

Servings Per Bottle: 40

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sugars	1 g	†
Vitamin A (Retinyl Palmitate)	12,600 IU	252%
Vitamin C (Ascorbic Acid, Rose Hips, Acerola Cherry)	210 mg	350%
Vitamin D (Cholecalciferol)	700 IU	175%
Vitamin E	105 IU	350%
Thiamin (Thiamine Mononitrate, Molasses Granulation)	8.4 mg	560%
Riboflavin (Riboflavin, Molasses Granulation)	10.5 mg	617%
Niacin (Niacinamide, Molasses Granulation)	60 mg	300%
Vitamin B <sub>6</sub> (Pyridoxine HCl, Molasses Granulation)	18.9 mg	945%
Folate (Folic Acid)	280 mcg	70%
Vitamin B <sub>12</sub> (Methylcobalamin)	25 mcg	416%
Biotin	210 mcg	70%
Pantothenic Acid (Calcium Pantothenate, Molasses Granulation)	70 mg	700%
Calcium (Oyster Shell, Calcium Carbonate, Calcium Sulfate)	700 mg	70%
Iron (Iron Amino Acid Chelate)	4 mg	22%
Iodine (Kelp)	105 mcg	70%
Magnesium (Oxide, Chelate)	280 mg	70%
Zinc (Zinc Amino Acid Chelate)	15 mg	100%
Selenium (Selenium Amino Acid Chelate)	35 mcg	50%
Copper (Copper Amino Acid Chelate)	1.5 mg	75%
Manganese (Manganese Amino Acid Chelate)	4 mg	200%
Chromium (Chromium Amino Acid Chelate)	84 mcg	70%
Molybdenum (Molybdenum Amino Acid Chelate)	37.5 mcg	50%
Potassium (Potassium Chloride)	20 mg	<1%

Choline (Choline Bitartrate)	105 mg	†	Citrus Bioflavonoid Complex	18 mg	†
Inositol	105 mg	†	(citrus fruit)		
SeaPlex (a proprietary blend ... of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella)	52.5 mg	†	Pancreatin	15 mg	†
Aloe Vera (leaf) Concentrate	18 mg	†	PABA (Para-Aminobenzoic Acid)	10.5 mg	†
			Mixed Carotenoids (from Sea Algae)	5.1 mg	†

† Daily Value Not Established

\* Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Sucrose, Food Glaze, Mono- and Diglycerides, Microcrystalline Cellulose, Croscarmellose Sodium, Talc, Gum Arabic, Gelatin, Magnesium Stearate, Lecithin, Starch, Titanium Dioxide (Color), Beeswax, Spirulina (Color).  
Contains Soybeans.