

Supplement Facts

Serving Size: 3 Tablets

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 Berry)	210 mg	350%
Vitamin D (Cholecalciferol)	700 IU	175%
Vitamin E	105 IU	350%
Thiamin (Thiamine Mononitrate, Molasses Culture)	8.4 mg	560%
Riboflavin (Riboflavin, Molasses Culture)	10.5 mg	617%
Niacin (Niacinamide, Molasses Culture)	60 mg	300%
Vitamin B6 (Pyridoxine HCl, Molasses Culture).....	18.9 mg	945%*
Folate (Folic Acid).....	280 mcg	70%
Vitamin B12 (Methylcobalamin).....	25 mcg	416%
Biotin	210 mcg	70%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture).....	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 (Magnesium Oxide, Magnesium Amino Acid 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	†
Inositol	105 mg	†
SeaPlex (a proprietary blend ... of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella	52.5 mg	†
Aloe Vera (leaf) Concentrate	18 mg	†
Citrus Bioflavonoid Complex	18 mg	†
(citrus peel)		
Pancreatin	15 mg	†
Mixed Carotenoids	5.1 mg	†
(from Sea Algae)		

† 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, Para-Aminobenzoic Acid, Lecithin, Starch, Titanium Dioxide (Color), Beeswax, Spirulina (Color). Contains Soybeans.