

# Supplement Facts

Serving Size 3 Tablets

Servings Per Container: 100

| Amount Per Serving  |          | % Daily Value |
|---|----------|---------------|
| Vitamin A (Retinyl Palmitate)   | 9,000 IU | 180%          |
| Vitamin C (Ascorbic Acid, Rose Hips, Acerola Berry)   | 150 mg   | 250%          |
| Vitamin D <sub>3</sub> (Cholecalciferol)  | 500 IU   | 125%          |
| Vitamin E (D-Alpha Tocopherol Succinate)  | 75 IU    | 250%          |
| Thiamine (Thiamine Mononitrate, Molasses Culture)   | 6 mg     | 400%          |
| Riboflavin (Riboflavin, Molasses Culture)   | 7.5 mg   | 440%          |
| Niacin (Niacinamide, Molasses Culture)  | 51.6 mg  | 258%          |
| Vitamin B <sub>6</sub> (Pyridoxine HCl, Molasses Culture)   | 13.5 mg  | 675%          |
| Folate (Folic Acid)   | 201 mcg  | 50%           |
| Vitamin B <sub>12</sub> (Methylcobalamin)   | 12 mcg   | 200%          |
| Biotin (D-Biotin)   | 150 mcg  | 50%           |
| Pantothenic Acid (Calcium Pantothenate)   | 51 mg    | 510%          |
| Calcium (Bone Meal, Oyster Shell, Calcium Sulfate, Calcium Carbonate)   | 501 mg   | 50%           |
| Phosphorus (Bone Meal)  | 120 mg   | 12%           |
| Iodine (Kelp)   | 75 mcg   | 50%           |
| Magnesium (Magnesium Oxide, Magnesium Amino Acid Chelate)   | 200 mg   | 50%           |
| Zinc (Zinc Amino Acid Chelate)  | 11.3 mg  | 75%           |
| Selenium (Selenium Amino Acid Chelate)  | 35 mcg   | 50%           |
| Copper (Copper Amino Acid Chelate)  | 1 mg     | 50%           |
| Manganese (Manganese Amino Acid Chelate)  | 3 mg     | 150%          |
| Chromium (Chromium Amino Acid Chelate)  | 50 mcg   | 42%           |
| Molybdenum (Molybdenum Amino Acid Chelate)  | 7.5 mcg  | 10%           |
| Potassium (Potassium Gluconate)   | 12 mg    | <1%           |
| Choline (Choline Bitartrate)  | 75 mg    | †             |
| Inositol  | 75 mg    | †             |
| SeaPlex (A proprietary blend of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella) | 37.5 mg  | †             |
| Citrus Bioflavonoid Complex (Citrus Peel)   | 15 mg    | †             |
| Pancreatin  | 12 mg    | †             |
| Aloe Vera (leaf) Concentrate  | 12 mg    | †             |
| Mixed Carotenoids (from Sea Algæ)   | 3.6 mg   | †             |

† Daily Value Not Established

Other ingredients: Sucrose, Microcrystalline Cellulose, Mono- and Diglycerides, Food Glaze, Croscarmellose Sodium, Talc, Gum Arabic, Gelatin, Magnesium Stearate, Para-Aminobenzoic Acid, Lecithin, Starch, Titanium Dioxide (color), Annatto (color), Beeswax.

Contains Soybeans.