

Supplement Facts

Serving Size 3 Tablets

Servings Per Container: 45

Amount Per Serving	% Daily Value
Vitamin A (Retinyl Palmitate)	4,500 IU 90%
Vitamin C (Ascorbic Acid, Rose Hips, Acerola Cherry)	75 mg 125%
Vitamin D3 (Cholecalciferol)	250 IU 75%
Vitamin E (D-Alpha Tocopheryl Acid Succinate)	37.5 IU 125%
Vitamin B1 (Thiamine Mononitrate, Molasses Culture)	3 mg 200%
Vitamin B2 (Riboflavin, Molasses Culture)	3.75 mg 220%
Niacin (Niacinamide, Molasses Culture)	25.8 mg 129%
Vitamin B6 (Molasses Culture, Pyridoxine HCl)	6.75 mg 337%
Folate (Folic Acid)	100.5 mcg 25%
Vitamin B12 (Methylcobalamin)	6 mcg 100%
Biotin (D-Biotin)	75 mcg 25%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture)	25.5 mg 255%
Calcium (Bone Meal, Oyster Shell, Calcium Sulfate, Calcium Carbonate)	250.5 mg 25%
Iron (Ferrous Fumarate)	4.5 mg 25%
Phosphorus (Bone Meal)	60 mg 6%
Iodine (Kelp)	37.5 mcg 25%
Magnesium (Magnesium Oxide, Magnesium Amino Acid Chelate)	100 mg 25%
Zinc (Zinc Amino Acid Chelate)	5.6 mg 37%
Selenium (Selenium Amino Acid Chelate)	17.5 mcg 17%
Copper (Copper Amino Acid Chelate)	500 mcg 25%
Manganese (Manganese Amino Acid Chelate)	1.5 mg 75%
Chromium (Chromium Amino Acid Chelate)	25 mcg 21%
Molybdenum (Molybdenum Amino Acid Chelate)	3.75 mcg 5%
Potassium (Potassium Gluconate)	6 mg < 1%
Choline (Choline Bitartrate)	37.5 mg †
Inositol	37.5 mg †
SeaPlex (a proprietary blend of Kelp, Dulse, Spirulina, Sodium Alginate Bladderwrack, Irish Moss, Chlorrella)	18.75 mg †
Citrus Bioflavonoid Complex (Citrus Peel)	7.5 mg †
Aloe Vera Gel (leaf) Concentrate	6 mg †
Pancreatin	6 mg †
Para-Aminobenzoic Acid (PABA)	3.75 mg †
Mixed Carotenoids (from Sea Algae)	1.8 mg †

† Daily Value Not Established

Other Ingredients: Sucrose, Microcrystalline Cellulose, Mono- and Diglycerides, Food Glaze, Crosscarmellose Sodium, Talc, Gum Arabic, Gelatin, Magnesium Stearate, Lecithin, Starch, Titanium Dioxide (color), Camille (color), Bees Wax, Contains Soybeans.