

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 Berry).....	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 (Pyridoxine HCl, Molasses Culture).....	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 †	Citrus Bioflavonoid Complex (Citrus Peel) 7.5 mg †
Inositol	37.5 mg †	Pancreatin.....
SeaPlex (a proprietary blend.....	18.75 mg †	Aloe Vera Gel (leaf) Concentrate
of Kelp, Dulse, Spirulina, Sodium Alginate		Mixed Carotenoids (from Sea Algae)
Bladderwrack, Irish Moss, Chlorella)		1.8 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), Carmine (color), Bees Wax
Contains Soybeans.