

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving		% Daily Value
Vitamin A (Fish Oil, 40% as Beta Carotene)	7,500 IU	150%
Vitamin C (Ascorbic Acid, Rose Hips)	75 mg	125%
Vitamin D3 (Fish Oil)	250 IU	75%
Vitamin E (D-Alpha Tocopheryl Succinate)	37.5 IU	125%
Vitamin B1 (Molasses Culture, Thiamine Mononitrate)	3 mg	200%
Vitamin B2 (Molasses Culture, Riboflavin)	3.75 mg	220%
Niacin (Molasses Culture, Niacinamide)	25.8 mg	129%
Vitamin B6 (Molasses Culture, Pyridoxine Hydrochloride)	6.75 mg	337%
Folate (Molasses Culture, Folic Acid)	100.5 mcg	25%
Vitamin B12 (Cyanocobalamin)	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 Carbonate)	250.5 mg	25%
Iron (Ferrous Fumarate)	4.5 mg	25%
Phosphorus	60 mg	6%
Iodine (Kelp)	37.5 mcg	25%
Magnesium (Magnesium Oxide, Amino Acid Chelate)	100 mg	25%
Zinc (Zinc Amino Acid Chelate)	5.6 mg	37%
Selenium (Kelp)	12.5 mg	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	7.5 mg	<1%
LIPOTROPIC FACTORS		
Choline (Choline Bitartrate, Molasses Culture)	37.5 mg	†
Inositol (Plant and Lecithin)	37.5 mg	†

† Daily Value Not Established

Other Ingredients: Cellulose, Citrus Bioflavonoid Complex, Acerola Cherry, Aloe Vera, Pancreatin, Rutin, SeaPlex™ (Spirulina, Chlorella, Irish Moss, Dulse, Kelp, Bladderwrack, Sodium Alginate) Lecithin, Marine Lipids, Magnesium Stearate, Gelatin, Food Glaze, Talc, Calcium Sulfate, Titanium Dioxide, Sugar, Gum Arabic, Bees Wax.