

# 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 Hydrochloride, Molasses Culture) .....  | 13.5 mg 675%  |
| Folate (Folic Acid).....   | 201 mcg 50%   |
| Vitamin B <sub>12</sub> (Cyanocobalamin) .....                             | 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, 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 †       |
| SeaPlex (A proprietary blend of Kelp, Dulse, Spirulina, .....              | 37.5 mg †     |
| Sodium Alginate, Bladderwrack, Irish Moss, Chlorella)                      |               |
| Inositol .....   | 75 mg †       |
| Citrus Bioflavonoid Complex .....  | 15 mg †       |
| Pancreatin .....   | 12 mg †       |
| Aloe Vera Concentrate .....  | 12 mg †       |
| Para-Aminobenzoic Acid (PABA) .....  | 7.5 mg †      |
| Mixed Carotenoids (from Sea Algae) .....                                   | 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, Lecithin, Starch, Titanium Dioxide (color), Annatto (color), Beeswax.

Contains Milk, Soybeans.

(Rev. 1) Product #255