

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 53

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 ₃ (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 ₆ (Pyridoxine Hydrochloride, Molasses Culture).....	13.5 mg 675%
Folate (Folic Acid).....	201 mcg 50%
Vitamin B ₁₂ (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%
Iron (Ferrous Fumarate).....	9 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 (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.....	15 mg †
Pancreatin.....	12 mg †
Aloe Vera (leaf) 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), Carmine (color), Beeswax.

Contains Milk, Soybeans.