

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving		% Daily Value
Vitamin A (Fish Oil, 40% as Beta Carotene)	15,000 IU	300%
Vitamin C (Ascorbic Acid, Rose Hips)	150 mg	250%
Vitamin D3 (Fish Oil)	500 IU	125%
Vitamin E (D-Alpha Tocopheryl Acid Succinate)	75 IU	250%
Thiamine (Vitamin B1) (Molasses Culture, Thiamine Mononitrate)	6 mg	400%
Riboflavin (Vitamin B2) (Molasses Culture, Riboflavin)	7.5 mg	440%
Niacin (Molasses Culture, Niacinamide Niacin)	51.6 mg	258%
Vitamin B6 (Molasses Culture, Pyridoxine HCL)	13.5 mg	675%
Folate (Molasses Culture, Folic Acid)	201 mcg	50%
Cyanocobalamin (Vitamin B12)	12 mcg	200%
Biotin (D-Biotin)	150 mcg	50%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture)	51 mg	510%
Calcium (Bone Meal, Oyster Shell, Calcium Carbonate)	501 mg	50%
Iron (Ferrous Fumarate)	9 mg	50%
Phosphorus (Bone Meal)	120 mg	75%
Iodine (Kelp)	75 mcg	35%
Magnesium (Magnesium Oxide, Amino Acid Chelate)	200 mg	50%
Zinc (Zinc Amino Acid Chelate)	11.3 mg	75%
Selenium (Kelp)	25 mcg	35%
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	15 mg	<1%
LIPOTROPIC FACTORS		
Choline (Choline Bitartrate, Molasses Culture)	75 mg	†
Inositol (Plant and Lecithin)		†

† 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, Beeswax.