

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 58

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sugars	1 g	
Vitamin A (Retinyl Palmitate)	5,000 IU	100%
Vitamin C (Ascorbic Acid, Rose Hips, Acerola Berry)	150 mg	250%
Vitamin D (Cholecalciferol)	500 IU	125%
Vitamin E (D-Alpha Tocopheryl Acid 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 HCl, 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, Molasses Culture)	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)	11.2 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)	60 mcg	50%
Molybdenum (Molybdenum Amino Acid Chelate)	37.5 mcg	50%
Potassium (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 (Citrus Peel)	15 mg	†
Aloe Vera (leaf) Concentrate	12 mg	†
Pancreatin	12 mg	†
Coenzyme Q10	5 mg	†
Mixed Carotenoids (from Sea Algae)	3 mg	†
Lycopene	1.5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value Not Established

Other Ingredients: Sucrose, Mono- and Diglycerides, Microcrystalline Cellulose, Croscarmellose Sodium, Food Glaze, Talc, Gum Arabic, Gelatin, Starch, Magnesium Stearate, Para-Aminobenzoic Acid, Annatto (color), Silicon Dioxide, Titanium Dioxide (color), Carmine (color), Beeswax.
Contains Soybeans.