

Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving | % Daily Value | |
|---|---------------|------|
| Vitamin D (Cholecalciferol) | 1000 IU | 250% |
| Calcium (Carbonate, Citrate) | 100 mg | 10% |
| Iodine (SeaPlex, a proprietary blend of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella) | 50 mcg | 33% |

† Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose, Ethylcellulose, Food Glaze, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide.