

## Supplement Facts

Serving Size: 4 Tablets

Amount Per Serving		% Daily Value
Vitamin A (Fish Oil, 40% as Beta Carotene)	20,000 IU	400%
Vitamin C (Ascorbic Acid, Rose Hips)	200 mg	333%
Vitamin D3 (Fish Oil)	670 IU	168%
Vitamin E (D-Alpha Tocopheryl Succinate)	100 IU	333%
Thiamine (Vitamin B1) Molasses Culture)	8 mg	540%
Riboflavin (Vitamin B2) Molasses Culture	10 mg	590%
Niacin (Molasses Culture, Niacinamide)	68.8 mg	344%
Vitamin B6 (Molasses Culture, Pyridoxine HCL)	18 mg	900%
Folate (Molasses Culture, Folic Acid)	268 mcg	150%
Vitamin B12 (Molasses Culture, Cyanocobalamin)	16 mcg	267%
Biotin (Molasses Culture, D-Biotin)	200 mcg	67%
Pantothenic Acid (D-Calcium Pantothenate)	68 mg	680%
Calcium (Bone Meal, Oyster Shell)	466 mg	47%
Phosphorus	160 mg	16%
Iodine (Kelp)	93.2 mg	62%
Magnesium (Amino Acid Chelate)	20 mg	5%
Zinc (Amino Acid Chelate)	15 mg	100%
Selenium (Kelp)	33.2 mcg	47%
Manganese (Amino Acid Chelate)	4 mg	200%
Chromium (Amino Acid Chelate)	66.8 mcg	56%
Molybdenum (Amino Acid Chelate)	10 mcg	13%
Potassium	16 mg	†
Choline (Choline Bitartrate, Molasses Culture)	100 mcg	†
Inositol (Plant and Lecithin)	100 mg	†

† 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, Food Glaze, Talc, Titanium Dioxide, and Calcium Carbonate.