

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 108

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars.....	1 g	†
Includes 1 g of Added Sugars		2%*
Vitamin A (as Retinyl Palmitate)	1,260 mcg	140%
Vitamin C (as Ascorbic Acid, Rose Hips, Acerola Fruit Extract).....	126 mg	140%
Vitamin D (as Cholecalciferol).....	20 mcg (800 IU)	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	70 mg	467%
Thiamin (as Thiamine Mononitrate, Molasses Culture)	8.4 mg	700%
Riboflavin (as Riboflavin, Molasses Culture).....	10.5 mg	808%
Niacin (as Niacinamide, Molasses Culture)	60 mg	375%
Vitamin B6 (as Pyridoxine HCl, Molasses Culture).....	18.9 mg	1112%
Folate	466 mcg DFE	117%
	(280 mcg Folic Acid)	
Vitamin B12 (as Methylcobalamin)	12.5 mcg	521%
Biotin	210 mcg	700%
Pantothenic Acid (as Calcium Pantothenate, Molasses Culture).....	70 mg	1400%
Calcium (from Oyster Shell, Calcium Carbonate, Calcium Sulfate)	700 mg	54%
Iron (as Iron Amino Acid Chelate).....	4 mg	22%
Iodine (from Kelp)	105 mcg	70%
Magnesium (as Magnesium Oxide, Magnesium Amino Acid Chelate)..	280 mg	67%
Zinc (as Zinc Amino Acid Chelate).....	15 mg	136%
Selenium (as Selenium Amino Acid Chelate)	35 mcg	64%
Copper (as Copper Amino Acid Chelate)	1.5 mg	167%
Manganese (as Manganese Amino Acid Chelate)	4 mg	174%
Chromium (as Chromium Amino Acid Chelate)	84 mcg	240%
Molybdenum (as Molybdenum Amino Acid Chelate).....	37.5 mcg	83%
Potassium (as Potassium Chloride).....	20 mg	<1%
Choline (as Choline Bitartrate).....	105 mg	19%

Inositol	105 mg	†	Citrus Bioflavonoid Complex	18 mg	†
SeaPlex (a proprietary blend ...	52.5 mg	†	(from citrus peel)		
of Kelp, Dulse, Spirulina, Sodium Alginate,			Pancreatin	15 mg	†
Bladderwrack, Irish Moss, Chlorella)			Mixed Carotenoids	5.1 mg	†
Aloe Vera (leaf) Concentrate	18 mg	†	(from Sea Algae)		

† Daily Value Not Established

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

OTHER INGREDIENTS: Sugar, Food Glaze, Mono- and Diglycerides, Microcrystalline Cellulose, Croscarmellose Sodium, Talc, Gum Arabic, Gelatin, Magnesium Stearate, Sunflower Lecithin, Starch, Titanium Dioxide (Color), Beeswax, Spirulina (Color).