

Supplement Facts

Serving Size: 2 capsules

Servings per Cont.: 30

Amount per serving	% DV	RDI
Vit. A (Palmitate/Beta Carotene)	10000 IU	200%
Vit. D-3 (Cholecalciferol)	1000 IU	100%
Vit. E (d-Alpha Tocopheryl Succinate)	75 IU	250%
Vit. C (Ascorbic Acid)	120 IU	200%
Vit. B-1 (Thiamine HCl)	25 mg	1667%
Vit. B-2 (Riboflavin)	25 mg	1470%
Niacinamide	50 mg	250%
Pantothenic Acid (Calcium Pantothenate)	50 mg	500%
Vit. B-6 (Pyridoxine HCl)	25 mg	1250%
Vit. B-12 (Cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Folic Acid	400 mcg	100%
Calcium (Tricalcium Phosphate)	100 mg	10%
Phosphorous (Tricalcium Phosphate)	50 mg	5%
Magnesium (Oxide)	50 mg	12%
Potassium (Citrate)	10 mg	<1%
Ferrous (Amino Acid Chelate)	5 mg	28%
Zinc (Monomethionine)	15 mg	100%
Manganese (Amino Acid Chelate)	2 mg	100%
Copper (Amino Acid Chelate)	2 mg	100%
Iodine (Kelp)	150 mcg	100%
Selenium (Selenomethionine)	70 mcg	100%
Chromium (Polynicotinate)	120 mcg	100%
Choline Bitartrate	25 mg	**
Inositol	25 mg	**
PABA	25 mg	**
Fruit Blend	400 mg	**
Bilberry, Blueberry, Papaya, Red Raspberry, Strawberry, Cranberry, Citrus Bioflavonoids Complex, Hesperidine Complex, Acerola		
Enzyme Blend	75 mg	**
Betaine HCl, Bromelain, Papain		
Herbal Base	80 mg	**
Alfalfa Herb, Quercetin Dihydrate, Cabbage, Parsley Leaves, Rice Bran, Rose Hips, Watercress Herb		

**Daily Value not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Cellulose Powder, Magnesium Stearate, Silicon Dioxide.