

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

	Amount Per Serving	%DV**
Vitamin A (as Beta Carotene)	6000 IU	120%
Vitamin C (as ascorbic acid)	600 mg	1000%
Vitamin D-2 (as ergocalciferol)	195 IU	48%
Vitamin E (as dl-alpha tocopheryl acetate)	150 IU	500%
Vitamin B-1 (as thiamine HCl)	30 mg	2000%
Vitamin B-2 (as riboflavin)	30 mg	1764%
Vitamin B-3 (as niacin, niacinamide)	30 mg	150%
Vitamin B-6 (as pyridoxine HCl)	30 mg	1500%
Folic Acid	225 mcg	56%
Vitamin B-12 (as cyanocobalamin)	60 mcg	1000%
Biotin	30 mcg	10%
Vitamin B-5 (pantothenic acid as calcium pantothenate)	45 mg	450%
Calcium (from tri-calcium phosphate)	600 mg	60%
Iron (from ferrous fumarate)	3 mg	16%
Iodine (from kelp - <i>Ascophyllum nodosum</i>)	60 mcg	40%
Magnesium (from magnesium amino acid chelate)	150 mg	37%
Zinc (from zinc amino acid chelate)	6 mg	40%
Selenium (from selenium amino acid chelate)	90 mcg	128%
Copper (from copper amino acid chelate)	750 mcg	37%
Manganese (from manganese amino acid chelate)	3 mg	150%
Chromium (from chromium citrate)	60 mcg	50%
Potassium (from potassium citrate)	45 mg	1%
Proprietary Blend	141 mg	**
(L-Methionine, PABA [Para-Aminobenzoic Acid], Inositol, L-Carnitine [from L-carnitine fumarate], Coenzyme Q-10)		

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

** Daily Value not established.

OTHER INGREDIENTS: Vegetable Stearate, Microcrystalline Cellulose, Cellulose Gum, Vegetable Stearate, Magnesium Silicate, Silica.