

# Supplement Facts

Serving Size: 1 fl.oz. (2 tablespoons)

Servings per Container: 32

	Amount Per Serving	% DV*			
<b>Calories</b>	12		<b>Magnesium</b> (from citrate)	150 mg	38%
Calories from Fat	0		<b>Zinc</b> (from gluconate)	1 mg	7%
<b>Total Fat</b>	0 g		<b>Selenium</b> (from methionine)	50 mcg	72%
Saturated Fat	0 g		<b>Chromium</b> (as amino chelate)	20 mcg	17%
Cholesterol	0 mg		<b>Choline Bitartrate</b>	20 mg	†
<b>Total Carbohydrate</b>	3 g		<b>Inositol</b>	15 mg	†
Dietary Fiber	0 g		<b>Boron</b>	2 mg	†
Sugars	3 g		<b>Citrus Bioflavonoids</b>	15 mg	†
Sodium	<5 mg		<b>Green Tea (leaf)</b>	25 mg	†
Protein	0 g		<b>Co-enzyme Q-10</b>	3 mg	†
Vitamin A (as beta carotene, palmitate)	5,000 IU	100%	<b>Herbal Rainforest Proprietary Blend</b>	25 mg	†
Vitamin C (as ascorbic acid)	500 mg	833%	Chamomile (flower), Echinacea (leaves and roots),		
Vitamin D (as cholecalciferol)	100 IU	25%	Sarsaparilla (root), Golden Seal (root), Celery (seed),		
Vitamin E (as alpha-tocopheryl acetate)	100 IU	333%	Alfalfa (leaves and stems), Dandelion (root),		
Thiamin (as mononitrate)	1.5 mg	100%	Eleuthero Root (formerly known as Siberian		
Riboflavin (as 5-phosphate)	1.7 mg	100%	Ginseng), Horehound (root), Licorice (root), Ginkgo		
Niacin (as niacinamide)	20 mg	100%	Biloba (leaves), Passion Flower, Thyme (leaves),		
Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Saw Palmetto Berries, Angelica (root).		
Folic Acid	500 mcg	125%	<b>Amino Acid Complex</b>	25 mg	†
Vitamin B12 (as cyanocobalamin)	250 mcg	4167%	Alanine, Arginine, Aspartic Acid, Cystine, Glutamic		
Biotin	300 mcg	100%	Acid, Glycine, Histidine, Isoleucine, Leucine,		
Pantothenic Acid (as pantothenate)	10 mg	100%	Lysine, Methionine, Phenylalanine, Proline, Serine,		
Calcium (from citrate, tricalcium phosphate)	300 mg	30%	Threonine, Tryptophan, Tyrosine, Valine.		

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

† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Plant Derived Minerals™, Purified Water, Vegetable Glycerin, Sodium Erythorbate, Citric Acid, Malic Acid, Glucono Delta Lactone, Natural Flavors, Sucralose Sweetener, Potassium Sorbate, Sodium Benzoate.