

# Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 30

	Amount per Serving	% DV**
Riboflavin	20 mg	1176%
Vitamin B-12 (as cyanocobalamin)	127 mcg	2116%
Calcium (from calcium glycinate)	4.5 mg	<2%
Iron (from iron glycinate)	0.0064 mg	<2%
Iodine (from potassium iodide)	1.3 mcg	<2%
Magnesium (from magnesium glycinate)	3.5 mg	<2%
Zinc (from amino acid chelate)	0.0286 mg	<2%
Selenium (from amino acid chelate)	3.2 mcg	5%
Copper (from copper glycinate)	0.0025 mg	<2%
Manganese (from manganese glycinate)	0.0159 mg	<2%
Chromium (from chromium glycinate)	12.7 mcg	11%
Molybdenum (from amino acid chelate)	0.95 mcg	<2%
Potassium (from potassium chloride)	136 mg	4%
Cascara Sagrada Bark	300 mg	**
Yucca Root	300 mg	**
Fennel Seed	50 mg	**
Pau D'arco Bark	50 mg	**
Peppermint Leaf	50 mg	**
Yellowdock Root	50 mg	**
Vanadium (from vanadyl sulfate)	1.3 mcg	**

\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Gelatin capsule (gelatin and water), Rice Flour, Magnesium Stearate (vegetable source), Silicon Dioxide.