

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	%DV*
Vitamin A (Palmitate/Beta Carotene)	5000 IU	100%
Vitamin D-3 (Cholecalciferol)	500 IU	50%
Vitamin E (d-Alpha Tocopheryl Succinate)	37.5 IU	125%
Vitamin C (Ascorbic Acid)	60 IU	100%
Vitamin B-1 (Thiamine HCl)	12.5 mg	834%
Vitamin B-2 (Riboflavin)	12.5 mg	735%
Niacinamide	25 mg	125%
Pantothenic Acid (Calcium Pantothenate)	25 mg	250%
Vitamin B-6 (Pyridoxine HCl)	12.5 mg	625%
Vitamin B-12 (Cyanocobalamin)	50 mcg	834%
Biotin	150 mcg	50%
Folic Acid	200 mcg	50%
Calcium (Tricalcium Phosphate)	50 mg	5%
Phosphorous (Tricalcium Phosphate)	25 mg	3%

* Daily Value (DV) not established.

	Amount Per Serving	%DV*
Magnesium (Oxide)	25 mg	6%
Potassium (Citrate)	5 mg	<1%
Ferrous (Amino Acid Chelate)	2.5 mg	14%
Zinc (Monomethionine)	7.5 mg	50%
Manganese (Amino Acid Chelate)	1 mg	50%
Copper (Amino Acid Chelate)	1 mg	50%
Iodine (Kelp)	75 mcg	50%
Selenium (Selenomethionine)	35 mcg	50%
Chromium (Polynicotinate)	60 mcg	50%
Choline Bitartrate	12.5 mg	*
Inositol	12.5 mg	*
PABA	12.5 mg	*
Fruit Blend (Bilberry, Blueberry, Papaya, Red Raspberry, Strawberry, Cranberry, Citrus Bioflavonoids Complex, Hesperidine Complex, Acerola)	200 mg	*
Enzyme Blend (Betaine HCl, Bromelain, Papain)	37.5 mg	*
Herbal Base (Alfalfa Herb, Quercetin Dihydrate, Cabbage, Parsley Leaves, Rice Bran, Rose Hips, Watercress Herb)	40 mg	*

OTHER INGREDIENTS: Hydroxypropyl methylcellulose, cellulose powder, magnesium stearate, silicon dioxide.