

# Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 90

	Amount Per Serving	% Daily Value*
Vitamin A (as beta carotene)	4000 IU	80%
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin D-2 (as ergocalciferol)	130 IU	33%
Vitamin E (as dl-alpha acetate)	100 IU	333%
Thiamin (as thiamine HCl)	20 mg	1333%
Riboflavin	20 mg	1176%
Niacin (as niacin and niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1000%
Folate (as folic acid)	150 mcg	38%
Vitamin B-12 (as cyanocobalamin)	40 mcg	667%
Biotin	20 mcg	7%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	300%
Calcium (as tri-calcium phosphate)	400 mg	40%
Iron (as ferrous fumarate)	2 mg	11%
Iodine (from ocean harvested kelp)	40 mcg	27%
Magnesium (as magnesium AAC)	100 mg	25%
Zinc (as zinc AAC)	4 mg	27%
Selenium (as selenium AAC)	60 mcg	86%
Copper (as copper AAC)	0.5 mg	25%
Manganese (as manganese AAC)	2 mg	100%
Chromium (as chromium citrate)	40 mcg	33%
Potassium (as potassium citrate monohydrate)	30 mg	1%
Coenzyme Q-10	6 mg	**
L-Carnitine Fumarate	15 mg	**
Inositol	30 mg	**
L-Methionine	45 mg	**
Para-aminobenzoic Acid (PABA)	45 mg	**

\* Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**OTHER INGREDIENTS:** Vegetable stearic acid, microcrystalline cellulose, modified cellulose gum, vegetable stearate, magnesium silicate, silica.