

Supplement Facts

Serving Size: 1 pack / 14 g

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	30	2%
Total Carbohydrates	7 g	2%
Sugars	1 g	†
Vitamin A (as palmitate, beta carotene)	7,500 IU	1500%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D-3 (as cholecalciferol)	750 IU	187%
Vitamin E (as d-alpha tocopherol acetate)	200 IU	667%
Vitamin K (as menatetrenone)	30 mcg	38%
Thiamin (Vitamin B-1)(as thiamine mononitrate)	30 mg	2000%
Riboflavin (Vitamin B-2)	30 mg	1765%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	30 mg	1500%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	500 mcg	8333%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium pantothenate)	150 mg	1500%
Calcium (as gluconate, citrate)	50 mg	5%
Iron (as gluconate)	1 mg	6%
Magnesium (as gluconate, oxide)	20 mg	5%
Zinc (as gluconate)	2 mg	13%
Selenium (as selenomethione)	100 mcg	143%
Copper (as gluconate)	1 mg	50%
Chromium (as chromium amino acid chelate)	200 mcg	167%
Potassium (as gluconate, citrate)	100 mg	3%
Fruit and Vegetable Powder	500 mg	†

Other Ingredients: Maltodextrin, citric acid, natural flavor and color, xanthan gum, CitriSweet® (inulin, fructose, citrus peel extract), stevia.

	Amount Per Serving	% Daily Value*
Plant Derived Mineral Powder ††	300 mg	†
Glucosamine Sulfate HCl	125 mg	†
MSM (methylsulfonylmethane)	100 mg	†
Chondroitin Sulfate	25 mg	†
Amino Acid Complex	125 mg	†
alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tyrosine and valine.		†
Choline (as choline bitartrate)	25 mg	†
Inositol	25 mg	†
Dimethylglycine	20 mg	†
Bioflavonoids	15 mg	†
Grape Seed Extract***	5 mg	†
Co-enzyme Q10	3 mg	†
Boron (sodium borate)	1 mg	†

†† Plant Derived Mineral Powder

Calcium	Carbon	Indium	Platinum	Tin
Chloride	Cerium	Iodine	Praseodymium	Titanium
Magnesium	Cesium	Iron	Rhenium	Tungsten
Phosphorus	Chromium	Lanthanum	Rhodium	Vanadium
Potassium	Cobalt	Lead	Rubidium	Ytterbium
Sodium	Copper	Lithium	Ruthenium	Zinc
Sulfur	Dysprosium	Lutetium	Samarium	Zirconium
Aluminum	Erbium	Manganese	Scandium	
Hydroxide	Europium	Mercury	Selenium	
Antimony	Fluorine	Molybdenum	Silicon	
Arsenic	Gadolinium	Neodymium	Silver	
Barium	Gallium	Nickel	Strontium	
Beryllium	Germanium	Niobium	Tantalum	
Bismuth	Gold	Nitrogen	Tellurium	
Boron	Hafnium	Osmium	Terbium	
Bromine	Holmium	Oxygen	Thallium	
Cadmium	Hydrogen	Palladium	Thorium	

*Percent Daily Value based on a 2,000 calorie diet.

† Daily Value not established.

***Standardized plant extract.