

# Supplement Facts

Serving Size: 1 stick pack (14 g)

Servings Per Container: 30

	Amount Per Serving	%DV*
<b>Calories</b>	<b>30</b>	<b>2%</b>
<b>Total Carbohydrate</b>	<b>7 g</b>	<b>2%</b>
Sugars	1 g	†
Vitamin A (as palmitate, beta carotene)	7,500 IU	150%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D-3 (as cholecalciferol)	750 IU	188%
Vitamin E (as d-alpha tocopheryl 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 calcium-L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	500 mcg	8333%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium pantothenate)	150 mg	1500%
Calcium (from prehistoric trace minerals, citrate, gluconate)	100 mg	10%
Iron (as gluconate)	1 mg	6%
Magnesium (as gluconate, oxide)	20 mg	5%

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

\* Percent Daily Value (DV) based on a 2,000 calorie diet.

† Daily Value not established.

\*\*\* Standardized plant extract.

§ See product brochure or website for details.

**OTHER INGREDIENTS:** Maltodextrin (from non-GMO rice, potato), citric acid, natural flavors (tangerine, orange, cherry, lime, mango, passion fruit, peach, pineapple), natural colors (beet juice, radish, apple, blackcurrant, purple carrot extract, citrus peel), fructose, fructooligosaccharides, pea protein, xanthan gum, rebaudioside A (from stevia leaf), sodium ascorbate, guar gum, gallic acid, ellagic acid.