

# Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

	Amount per Serving	%DV**
Vitamin B-12 (as cyanocobalamin)	55 mcg	917%
Calcium (from calcium glycinate)	3.8 mg	<1%
Iron (from iron glycinate)	0.054 mg	<1%
Iodine (from potassium iodide)	0.11 mcg	<1%
Magnesium (from magnesium glycinate)	3 mg	<1%
Zinc (from zinc glycinate)	0.0243 mg	<1%
Selenium (from selenium glycinate)	2.7 mcg	4%
Copper (from copper glycinate)	0.0022 mg	<1%
Manganese (from manganese glycinate)	0.0135 mg	<1%
Chromium (from chromium glycinate)	10.8 mcg	9%
Molybdenum (from molybdenum glycinate)	0.8 mcg	1%
Potassium (from potassium iodide)	99 mg	3%
Grape Seed Extract ( <i>vitus vinifera</i> ) PE† (95% proanthocyanidins)	150 mg	**
Vanadium (from vanadyl sulfate)	1.1 mcg	**

\*\* Daily Value (DV) not established. † PE Standardized Powder Extract

**OTHER INGREDIENTS:** Rice flour, gelatin capsule (gelatin, water), magnesium stearate, silicon dioxide.