

# Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount per Serving	%DV**
Vitamin A (as retinyl acetate)	5000 IU	100%
Vitamin C (from calcium ascorbate)	120 mg	200%
Vitamin D (as cholecalciferol)	100 IU	25%
Thiamin (as thiamine hydrochloride)	5 mg	333%
Riboflavin (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	20 mcg	333%
Biotin	2000 mcg	667%
Pantothenic Acid (from calcium pantothenate)	20 mg	200%
Methylsulfonylmethane (MSM)	700 mg	**
Proprietary Silica Complex Silica (from silicon dioxide), Silica (from bamboo extract), Silica (from magnesium trisilicate), Silica (from horsetail herb extract)	40 mg	**
Choline (from choline bitartrate)	20 mg	**
Inositol	20 mg	**
L-Methionine	20 mg	**
Para-Aminobenzoic Acid (PABA)	20 mg	**

\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Gelatin capsule (gelatin and water), gelatin.