

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin B-12 (as cyanocobalamin)	40 mcg	667%
Calcium (from calcium glycinate)	1.4 mg	<1%
Iron (from ferrous bis-glycinate)	20 mcg	<1%
Iodine (from potassium iodide)	40 mcg	27%
Magnesium (from magnesium glycinate)	1.1 mg	<1%
Zinc (from zinc amino acid chelate)	0.009 mg	<1%
Selenium (from selenium amino acid chelate)	1 mcg	1%
Copper (from copper glycinate)	0.0008 mg	<1%
Manganese (from manganese glycinate)	0.005 mg	<1%
Chromium (from chromium glycinate)	4 mcg	3%
Molybdenum (from molybdenum glycinate)	0.3 mcg	<1%
Potassium (from potassium iodide)	42.8 mg	1%
Fenugreek Seed (<i>trigonella foenum graecum</i>)	300 mg	**
Saw Palmetto Berry (<i>serenoa repens</i>) pe 4:1 extract	200 mg	**
Blessed Thistle Herb (<i>cnicus benedictus</i>)	200 mg	**
Dandelion Root (<i>taraxacum officinale</i>)	200 mg	**
Dong Quai Root (<i>angelica sinensis</i>)	200 mg	**
Fennel Seed (<i>foeniculum vulgare</i>)	200 mg	**
Passion Flower (<i>passiflora incarnata</i>)	200 mg	**
Sarsaparilla Root (<i>smilax spp</i>)	200 mg	**
Wild Yam Root (<i>dioscorea villosa</i>)	200 mg	**
Vanadium (from vanadyl sulfate)	0.4 mcg	**

* Percent Daily Value (DV) based on a 2000 calorie diet for adults and children over 4 years of age.

** Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin capsule (gelatin and water), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.