

# Supplement Facts

Serving Size 6 Capsules • Servings Per Container 30

Amount Per 6 Capsules	% Daily Value	Amount Per 6 Capsules	% Daily Value
Vitamin A (67% (5,000 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> and 33% (2,500 I.U.) as vitamin A palmitate)	7,500 I.U. 150%	Magnesium (as magnesium glycinate chelate***)	250 mg 63%
Vitamin C (as calcium ascorbate)	750 mg 1250%	Zinc (as zinc glycinate chelate***)	15 mg 100%
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 I.U. 250%	Selenium (as L-selenomethionine)	200 mcg 286%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy	400 I.U. 1333%	Copper (as copper glycinate chelate***)	2 mg 100%
Thiamine (as thiamine hydrochloride USP)	50 mg 3333%	Manganese (as manganese glycinate chelate***)	2 mg 100%
Riboflavin USP	25 mg 1471%	Chromium (as chromium nicotinate glycinate chelate***)	200 mcg 167%
Niacin (75% as niacinamide USP and 25% as niacin USP)	100 mg 500%	Molybdenum (as molybdenum glycinate chelate***)	150 mcg 200%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	25 mg 1250%	Potassium (as potassium aspartate)	50 mg 1%
Folate (as Metafolin <sup>®</sup> L-5-methyltetrahydrofolate)	800 mcg 200%	Boron (as boron aspartate-citrate)	2 mg *
Vitamin B <sub>12</sub> (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	200 mcg 3333%	Vanadium (as bisglycinato oxovanadium)	100 mcg *
Biotin USP	300 mcg 100%	Choline (as choline bitartrate)	100 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	150 mg 1500%	Inositol	25 mg *
Calcium (64% as calcium citrate-malate and 36% as calcium ascorbate)	250 mg 25%	<i>para</i> -Aminobenzoic Acid USP	50 mg *
Iodine (from kelp)	150 mcg 100%	Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg *

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, silicon dioxide, and natural citrus flavor.

\*\*Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany

\*\*\*Albion<sup>®</sup> Laboratories

