

	Amount Per Serving	% Daily Value*
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin B-1 (as thiamine HCl)	15 mg	1,000%
Riboflavin (vitamin B-2)	15 mg	882%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine HCl)	15 mg	750%
Folate (as folic acid)	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	15 mcg	250%
Biotin	20 mcg	7%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as gluconate)	10 mg	1%
Iron (as gluconate)	5 mg	28%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as gluconate)	0.145 mg	0%
Zinc (as gluconate)	0.325 mg	2%
Copper (as gluconate)	0.05 mg	3%
Manganese (as gluconate)	0.017	1%
Red Whole Food Blend: pomegranate, goji (<i>Lycium barbarum L.</i>), noni (<i>Morinda citrifolia</i> fruit), mangosteen (<i>Garcinia mangostana</i> fruit), acai (cabbage palm) (<i>Euterpe oleracea</i> berry), cranberry, red raspberry, red grape, tomato, strawberry, mango, black currant, blueberry, elderberry (<i>Sambucus</i> <i>nigra</i>), camu-camu (<i>Myrciaria dubia</i> fruit), turmeric, apple, apricot, banana, orange, peach, guava, pineapple, watermelon, FOS, Activessence (a patented enzyme activation system of cellulase, pectinase, hemicellulase and xylanase), papaya, black raspberry, ligustrum berry, bilberry, schisandra fruit, green tea, fenugreek seed	50 mg	**
Lecithin (from soy)	25 mg	**
Choline (as bitartrate)	5 mg	**
Hesperidin (from <i>Citrus limon</i> exocarp)	5 mg	**
Betaine HCl (from beet molasses)	5 mg	**
Rutin (from <i>Sophora japonica</i> leaf)	2.5 mg	**
Bioflavonoids (from <i>Citrus limon</i> exocarp)	2.5 mg	**
PABA (para-aminobenzoic acid)	2.5 mg	**
** Daily Values not established		

Other Ingredients: fructose, stearic acid, silica, microcrystalline cellulose, magnesium stearate, natural color, natural flavors, rice bran, rose hips (*Rosa canina* fruit), maltodextrin, guar gum, sweet pea, malic acid.