

Serving Size: 2 Tablets

	Amt Per Serving	Units	%Daily Value
Vitamin A (as beta carotene)	25000	IU	500 %
Vitamin C (as mineral ascorbate)	1000	mg	1,667 %
Vitamin D (as ergocalciferol)	1000	IU	250 %
Vitamin E (as dalpha tocopheryl succinate)	200	IU	667 %
Thiamin (vitamin B1) (as thiamine HCl)	100	mg	6,667 %
Riboflavin (vitamin B2)	100	mg	5,882 %
Niacin (as niacinamide)	125	mg	625 %
Vitamin B6 (as pyridoxine HCl)	125	mg	6,250 %
Folate (as folic acid)	400	mcg	100 %
Vitamin B12 (as cyanocobalamin)	500	mcg	8,333 %
Biotin	125	mcg	42 %
Calcium (as ascorbate)	50	mg	5 %
Pantothenic Acid (as calcium pantothenate)	125	mg	1,250 %
Iron (as amino acid chelate/complex)	25	mg	139 %
Iodine (from kelp)	150	mcg	100 %
Magnesium (as ascorbate)	25	mg	6 %
Zinc (as ascorbate)	25	mg	167 %
Selenium (as amino acid complex)	100	mcg	143 %
Manganese (as amino acid chelate/complex)	10	mg	500 %
Chromium (as amino acid chelate)	200	mcg	167 %
Molybdenum (as amino acid complex)	50	mcg	67 %
Potassium (as citrate)	15	mg	< 1 %
PABA (paraaminobenzoic acid)	100	mg	**
Inositol	75	mg	**
Choline (as bitartrate)	75	mg	**
LMethionine (free form amino acid)	50	mg	**
Bioflavonoids (from Citrus limon exocarp)	50	mg	**
Rutin (from Sophora japonica leaf)	25	mg	**
Betaine HCl (from beet molasses)	25	mg	**
LGlutamine (free form amino acid)	25	mg	**
Hesperidin (from Citrus limon exocarp)	10	mg	**

** Daily Value (DV) not established.

Other Ingredients

Microcrystalline cellulose, stearic acid, di-calcium phosphate, magnesium stearate, hydroxypropyl methylcellulose, silica, bee pollen, wheat germ, RNA, DNA, brewer's yeast, lecithin, pharmaceutical glaze