

Supplement Facts

Serving Size: 2 Tablets

Ingredients	Amt Per Serving	Units	%Daily Value
Vitamin A (as beta carotene)	10000	IU	200 %
Vitamin C (as calcium ascorbate)	500	mg	833 %
Vitamin D (as ergocalciferol)	400	IU	100 %
Vitamin E (as dalpha tocopheryl succinate)	200	IU	667 %
Thiamin (vitamin B1) (as thiamine HCl)	50	mg	3,333 %
Riboflavin (vitamin B2)	40	mg	2,353 %
Niacin (as niacinamide)	75	mg	375 %
Vitamin B6 (as pyridoxine HCl)	50	mg	2,500 %
Folate (as folic acid)	400	mcg	100 %
Vitamin B12 (as cyanocobalamin)	75	mcg	1,250 %
Biotin	50	mcg	17 %
Pantothenic Acid (as calcium pantothenate)	75	mg	750 %
Calcium (as ascorbate)	50	mg	5 %
Iron (as gluconate)	10	mg	56 %
Magnesium (as gluconate)	25	mg	6 %
Zinc (as gluconate)	15	mg	100 %
Manganese (as gluconate)	6	mg	300 %
Potassium (as citrate)	10	mg	< 1 %
Inositol	75	mg	**
Choline (as bitartrate)	32	mg	**
Bioflavonoids (from Citrus limon exocarp)	25	mg	**
Betaine HCl (from beet molasses)	25	mg	**
Rutin (from Sophora japonica leaf)	20	mg	**
PABA (paraaminobenzoic acid)	15	mg	**
Papain (from papaya)	10	mg	**
Hesperidin (from Sophora japonica leaf)	5	mg	**

** Daily Value (DV) not established.