

INGREDIENTS

Serving Size: 2 Tablets		
	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as phytonadione)	150 mcg	188%
Thiamin (vitamin B-1) (as thiamine HCl)	75 mg	5000%
Riboflavin (vitamin B-2)	75 mg	4412%
Niacin (as niacinamide)	75 mg	375%
Vitamin B-6 (as pyridoxine HCl)	75 mg	3750%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as aminoate complex)	250 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	125 mg	31%
Zinc (as monomethionine)	30 mg	200%
Selenium (as aminoate complex)	100 mcg	143%
Copper (as aminoate complex)	1 mg	50%
Manganese (as aminoate complex)	2 mg	100%
Chromium (as polynicotinate)	120 mcg	100%
Molybdenum (as aminoate complex)	50 mcg	67%
Spirulina	250 mg	†
Saw Palmetto Berry (<i>Serenoa repens</i>) (stand. 45% [27 mg] free fatty acids)	60 mg	†
Bee Pollen (Spanish)	50 mg	†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	40 mg	†
Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†

Bioflavonoids (from Citrus limon exocarp) (active flavonols, flavonones, flavones & naringen [11 mg])	25 mg	†
Herbal Antioxidant Complex Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated) (stand. 50% [2.5 mg] polyphenols.	15 mg	†
Rhodiola (<i>Rhodiola rosea</i> root)	10 mg	†
Alpha Lipoic Acid	10 mg	†
Pumpkin Seed (<i>Cucurbita maxima</i>)	10 mg	†
L-Glycine (free form amino acid)	10 mg	†
L-Alanine (free form amino acid)	10 mg	†
L-Glutamine (free form amino acid)	10 mg	†
Amylase (from brown rice fermentation)	5 mg	†
Lipase (from brown rice fermentation)	5 mg	†
Lactase (DairyMate)	5 mg	†
Protease (from brown rice fermentation)	5 mg	†
Lutein (active carotenoid from marigold flower extract)	2 mg	†
Lycopene (active carotenoid from tomato)	1 mg	†
†Daily Value (DV) not established.		

Other Ingredients

Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Irish moss (*chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.