

INGREDIENTS (per 3 tablets)

	Amount Per Serving	% Daily Value*
Calories	20	**
Protein	1g	**
Carbohydrates	3g	1%
Fiber	1g	6%
Vitamin A (as beta carotene)	10,000IU	200%
Vitamin C (as ascorbic acid)	1,000IU	1667%
Vitamin D (as ergocalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	200IU	667%
Vitamin B-1 (as thiamine HCL)	25mg	1667%
Vitamin B-2(as riboflavin)	25mg	1471%
Niacin (as niacinamide)	40mg	200%
Vitamin B-6 (as pyridoxine HCL)	25mg	1250%
Folate (as folic acid)	400mcg	100%
Vitamin B-12 (as cyanocobalamin)	200mcg	3333%
Biotin	100mcg	33%
Pantothenic Acid (as calcium pantothenate)	60mg	600%
Iron (as aminoate complex, ascorbate)	18mg	100%
Iodine (from kelp)	150mcg	100%
Magnesium (as aminoate complex)	100mg	25%
Zinc (as aminoate complex, picolinate)	15mg	100%
Selenium (as aminoate complex)	25mcg	36%
Copper (as aminoate complex)	0.5mg	25%
Manganese (as aminoate complex)	4mg	200%
Chromium (as aminoate complex)	20mcg	17%
Potassium (as aminoate complex)	50mg	1%
Spirulina	1000mg	**
Bee Pollen (Spanish)	100mg	**
Sunflower Oil (supplying linoleic acid (54.1mg), oleic acid (9.3mg), palmitic acid (4.4mg), stearic acid (2.2mg))	70mg	**
Bioflavonoids (from Citrus limon exocarp)(active flavonols, flavonones, flavones & naringen (26))	60mg	**
Black Currant Seed Oil	50mg	**
Ginseng Root (Korean)	50mg	**
Bromelain (from pineapple fruit)(24 gelatin digesting units)	40mg	**

Choline (as bitartrate)	30mg	**
Inositol	30mg	**
Quercetin (from Saphora Japonica leaf)	30mg	**
Papain (from papaya fruit)	30mg	**
Rutin (from Saphora japonica leaf)	25mg	**
Betaine HCL (from beet molasses)	25mg	**
RNA (ribonucleic acid)	21mg	**
Apple Pectin	20mg	**
PABA (para-aminobenzoic acid)	15mg	**
Hesperidin (from Citrus limon exocarp)	10mg	**
Chlorophyll (from spirulina)	7.5mg	**
DNA (deoxyribonucleic acid)	6mg	**
Amylase (from brown rice fermentation)	5mg	**
Lipase (from brown rice fermentation)	5mg	**
Carotenoids	4mg	**
Eriocitrin (from Citrus limon exocarp)	3mg	**
Octacosanol	200mcg	**

* Based on a 2,000 calorie diet

** Daily Values not established

Other Ingredients: Microcrystalline cellulose, stearic acid, silica, astragalus root, ligustrum berry, schisandra fruit, young barley leaf, Echinacea angustifolia root, Irish moss (Chondrus crispus), thyme leaf, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates. Free from artificial colors, preservatives, yeast, wheat, corn, soy and milk.