

| Ingredients                                      | Amt Per Serving | Units | %Daily Value |
|--|-----------------|-------|--------------|
| Vitamin A (as beta carotene)                     | 10000           | IU    | 200 %        |
| Vitamin C (as ascorbic acid)                     | 100             | mg    | 167 %        |
| Vitamin D (as ergocalciferol)                    | 400             | IU    | 100 %        |
| Vitamin E (as dalpha tocopheryl succinate)       | 100             | IU    | 333 %        |
| Thiamin (as thiamine hydrochloride) (vitamin B1) | 100             | mg    | 6,667 %      |
| Riboflavin (vitamin B2)                          | 100             | mg    | 5,882 %      |
| Niacin (as niacinamide)                          | 100             | mg    | 500 %        |
| Vitamin B6 (as pyridoxine HCl)                   | 100             | mg    | 5,000 %      |
| Folate (as folic acid)                           | 400             | mcg   | 100 %        |
| Vitamin B12 (as cyanocobalamin)                  | 100             | mcg   | 1,667 %      |
| Biotin   | 100             | mcg   | 33 %         |
| Pantothenic Acid (as calcium pantothenate)       | 100             | mg    | 1,000 %      |
| Calcium (as amino acid chelate complex)          | 40              | mg    | 4 %          |
| Iron (as amino acid chelate/complex)             | 25              | mg    | 139 %        |
| Iodine (from kelp)                               | 150             | mcg   | 100 %        |
| Magnesium (as amino acid chelate/complex)        | 20              | mg    | 5 %          |
| Zinc (as amino acid chelate/complex)             | 20              | mg    | 133 %        |
| Selenium (as amino acid complex)                 | 10              | mcg   | 14 %         |
| Manganese (as amino acid chelate/complex)        | 6.1             | mg    | 305 %        |
| Chromium (as amino acid chelate)                 | 15              | mcg   | 13 %         |
| Potassium (as amino acid complex)                | 15              | mg    | < 1 %        |
| PABA (paraaminobenzoic acid)                     | 100             | mg    | **           |
| Inositol   | 100             | mg    | **           |
| Choline (as bitartrate)                          | 42              | mg    | **           |
| Rutin (from Sophora japonica leaf)               | 25              | mg    | **           |
| Bioflavonoids (from Citrus limon exocarp)        | 25              | mg    | **           |
| Hesperidin (from Citrus limon exocarp)           | 5               | mg    | **           |
| Betaine HCl (from beet molasses)                 | 25              | mg    | **           |

\*\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin, carob, glycerin, purified water, soy oil, rice bran, papaya fruit, watercress, parsley leaf, Pacific kelp, alfalfa sprout, green cabbage leaf, rice polishings, acerola cherry (*Malpighia glabra* fruit), wheat germ flour, bromelain (from pineapple fruit), chlorella, date (*Phoenix dactylifera* fruit), barley grass, spirulina, black currant seed, bee pollen, rose hips (*Rosa canina* fruit), garlic bulb, oat leaf and stem, apple pectin, broccoli floret, spinach leaf, carrot root, Chinese cabbage (*Brassica campestris* leaf), brown rice, sunflower oil, fig (*Ficus carica* fruit), beet (*Beta vulgaris* leaf), lecithin