

Serving Size: 1 Tablet

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	**

Other Ingredients

Di-calcium phosphate, hydroxypropyl methylcellulose, stearic acid, isolated soy protein, rice bran, rose hips, magnesium stearate, Pacific kelp, chlorella, date, barley grass, spirulina, black currant seed, bee pollen, garlic, oat bran, apple pectin, broccoli, spinach, carrot, Chinese cabbage (*Brassica campestris*), brown rice, sunflower oil, fig, beet greens, lecithin, silica, alfalfa, green cabbage, acerola cherry, parsley, wheat germ flour, bromelain (from pineapple fruit), papaya, watercress, pharmaceutical glaze