

Supplement Facts

Serving Size: 6 Tablets

Ingredients	Amt Per Serving	Units	%Daily Value
Vitamin A (as beta carotene)	10000	IU	200 %
Vitamin C (as ascorbic acid)	250	mg	417 %
Vitamin D (as ergocalciferol)	400	IU	100 %
Vitamin E (as dalpha tocopheryl succinate)	100	IU	333 %
Thiamin (vitamin B1) (as thiamine HCl)	25	mg	1,667 %
Riboflavin (vitamin B2)	25	mg	1,471 %
Niacin (as niacinamide)	50	mg	250 %
Vitamin B6 (as pyridoxine HCl)	25	mg	,250 %
Folate (as folic acid)	400	mcg	100 %
Vitamin B12 (as cyanocobalamin)	100	mcg	1,667 %
Biotin	100	mcg	33 %
Pantothenic Acid (as calcium pantothenate)	50	mg	500 %
Calcium (as amino acid chelate/complex)	300	mg	30 %
Iron (as amino acid chelate/complex)	18	mg	100 %
Phosphorus (as amino acid complex)	75	mg	8 %
Iodine (from kelp)	150	mcg	100 %
Magnesium (as amino acid chelate/complex)	150	mg	38 %
Zinc (as amino acid chelate/complex)	20	mg	133 %
Selenium (as amino acid complex)	50	mcg	71 %
Copper (as amino acid chelate)	0.5	mg	25 %
Manganese (as amino acid chelate/complex)	10	mg	500 %
Chromium (as amino acid chelate)	50	mcg	42 %
Potassium (as amino acid complex)	15	mg	< 1 %
Betaine HCl (from beet molasses)	175	mg	**
Phosphatidylcholine	100	mg	**
Vitamin F (unsaturated fatty acids) (from safflower oil)	100	mg	**
Inositol	75	mg	**
RNA (ribonucleic acid)	75	mg	**
LGlutamine (free form amino acid)	50	mg	**
Choline (as bitartrate)	32	mg	**
Bioflavonoids (from Citrus sinensis, Citrus limon fruit)	25	mg	**
PABA (paraaminobenzoic acid)	20	mg	**
Rutin (from Sophora japonica leaf)	10	mg	**
LGlutathione	10	mg	**
Hesperidin (from Citrus sinensis, Citrus limon fruit)	10	mg	**
DNA (deoxyribonucleic acid)	7.5	mg	**

** Daily Value (DV) not established.

Other Ingredients

Microcrystalline cellulose, stearic acid, rice bran, magnesium stearate, rose hips, silica, lecithin, alfalfa, papaya, bromelain (from pineapple fruit), watercress (*Rorippa nasturtium-aquaticum*), parsley, green cabbage (*Brassica oleracea* leaf), pharmaceutical glaze