

Serving Size: 2 Capsules

	Amount Per Serving	% Daily Value*
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D3 (cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Vitamin K2 (as menatetrenone)	100 mcg	125%
Thiamin (as thiamin HCl) (vitamin B1)	20 mg	1333%
Riboflavin (vitamin B2)	20 mg	1176%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	20 mcg	333%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Calcium (as amino acid chelate)	50 mg	5%
Iron (as amino acid chelate)	18 mg	100%
Magnesium (as amino acid chelate)	25 mg	6%
Zinc (as amino acid chelate)	15 mg	100%
Selenium (as l-selenomethionine)	70 mcg	100%
Copper (as gluconate)	2 mg	100%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as polynicotinate)	120 mcg	100%
Chinese Green Tea (Camellia sinensis leaf) (decaffeinated) (standardized 50% [25 mg] polyphenols)	50 mg	**
Ferti-Forté Whole Food Blend: Acerola cherry, apple pectin, black currant seed, broccoli, bromelain (from pineapple fruit), carrot, chlorella, green cabbage, Pacific kelp, papaya, parsley, rose hips, spinach, spirulina, sunflower oil, watercress, Chinese cabbage, fig, brown rice, garlic‡, date, maca (Lepidium meyenii root) and Korean ginseng (Panax)	50 mg	**
Turmeric (Curcuma longa rhizome) (standardized 95% [47.5 mg] curcumin)	50 mg	**
Chasteberry (Vitex agnus-castus fruit) (standardized 0.5% [250 mcg] agnuside, 0.6% [300 mcg] aucubin)	50 mg	**
DHA (docosahexaenoic acid) (omega-3 fatty acid from fish [tuna] oil)	16 mg	**

* Based on a 2,000 calorie diet

** Daily Values not established