

## INGREDIENTS

Serving Size 2 Wafers		
	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%**
Sugars	9 g	
Vitamin A (as beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B-1) (as thiamin HCl)	25 mg	1667%
Riboflavin (vitamin B-2)	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as aminoate complex)	100 mg	10%
Iron (as aminoate complex)	4.5 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	50 mg	13%
Zinc (as aminoate complex)	10 mg	67%
Selenium (as aminoate complex)	20 mcg	29%
Copper (as aminoate complex)	1 mg	50%
Manganese (as aminoate complex)	5 mg	250%
Chromium (as aminoate complex)	25 mcg	21%
Potassium (as aminoate complex)	5 mg	<1%
Nutrient Base (Spirulina, bee pollen, ginseng [Panax ginseng root], octacosanol)	350 mg	†
Enzyme Complex (Bromelain [from pineapple fruit], papain [from papaya fruit], betaine HCl [from beet molasses], apple pectin, amylase [from brown rice fermentation], lipase [from	50 mg	†

brown rice fermentation])		
Lipid Complex (black currant seed oil, sunflower oil)	25 mg	†
Inositol	25 mg	†
Bioflavonoid Complex (Flavonols, flavonones, flavones, naringen, hesperidin and eriocitrin [8.8 mg] [from Citrus limon exocarp], quercetin and rutin [from Sophora japonica leaf])	20 mg	†
Choline (as bitartrate)	15 mg	†
PABA (para-aminobenzoic acid)	5 mg	†
Plant Pigment Complex (Chlorophyll [from spirulina], carotenoids)	4 mg	†
<p>**Percent Daily Values are based on a 2,000 calorie diet.  † Daily Value (DV) not established.  Mineral aminoates are whole brown rice chelates.</p>		

### Other Ingredients

Fructose, guar gum, natural apple flavor, stearic acid, magnesium stearate, silica, cinnamon, natural vanilla flavor, microcrystalline cellulose, astragalus root, ligustrum berry, schisandra fruit, young barley leaf, Echinacea angustifolia root, Irish moss (*Chondrus crispus*), thyme leaf and rice bran.