

INGREDIENTS

Serving Size: 2 Tablets		
	Amount Per Serving	%DV
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	150 mcg	188%
Thiamin (vitamin B-1) (as thiamine HCl)	50 mg	3333%
Riboflavin (vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as aminoate complex)	500 mg	50%
Iron (as aminoate complex)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as aminoate complex)	250 mg	63%
Zinc (as monomethionine)	15 mg	100%
Selenium (as aminoate complex)	100 mcg	143%
Copper (as aminoate complex)	1 mg	50%
Manganese (as aminoate complex)	2 mg	100%
Chromium (as polynicotinate)	120 mcg	100%
Molybdenum (as aminoate complex)	50 mcg	67%
Spirulina	250 mg	†
Ostivone (ipriflavone)	50 mg	†
Bee Pollen (Spanish)	50 mg	†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	40 mg	†
Novasoy (soy extract) (stand. to 40% [16 mg] isoflavones)	40 mg	†

Fem-Effect Complex Proprietary blend of Chasteberry (<i>Vitex agnus-castus</i> fruit) (stand. 0.5% [50 mcg] agnuside, 0.6% [60 mcg] aucubin); Damiana (whole herb); Dong Quai (<i>Angelica sinensis</i> root); Black Cohosh (<i>Cimicifuga racemosa</i> root and rhizome) (stand. 2.5% [0.25 mg] triterpene glycosides)	40 mg	†
Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†
Bioflavonoids (from Citrus limon exocarp) (active flavonols, flavonones, flavones & naringen [11 mg])	25 mg	†
Herbal Antioxidant Complex Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg] anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated) (stand. 50% [2.5 mg] polyphenols)	15 mg	†
Lipase (from brown rice fermentation)	10 mg	†
Amylase (from brown rice fermentation)	5 mg	†
Lactase (DairyMate)	5 mg	†
Protease (from brown rice fermentation)	5 mg	†
Lutein (active carotenoid from marigold flower extract)	2 mg	†
Boron (as citrate)	1 mg	†
†Daily Value (DV) not established.		

Other Ingredients

Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran and pharmaceutical glaze. Mineral aminoates are whole brown rice chelates.