

Supplement Facts

Serving Size: 2 Tablets

	Amount Per Serving	% Daily Value
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	350 mg	583%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (from d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Phytonadione)	50 mcg	63%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3)(as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium d-Pantothenate)	100 mg	1000%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	350 mg	35%
Iodine (from Kelp)	225 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate and ZMA)	100 mg	25%
Zinc (from ZinMax (Zinc Picolinate) and ZMA)	30 mg	200%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper AAC*)	500 mcg	25%
Manganese (from Manganese AAC*)	3 mg	150%
Chromium (from Chromium Chelavite)	200 mcg	167%
Molybdenum (from Molybdenum AAC*)	50 mcg	67%
Potassium (from Potassium Chloride)	50 mg	1%
Saw Palmetto Extract (Berries) (Serenoa repens) (min. 45% Fatty Acids)	160 mg	†
Panax Ginseng Extract (Roots) (min. 5% Ginsenosides)	100 mg	†
ZMA	55 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	50 mg	†
Kelp (Laminaria digitata (Whole Plant)	45 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24%	30 mg	†

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Nettle Extract (Root) (<i>Urtica dioica</i>)	25 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (min. 90% Total Polyphenols)	25 mg	†
Inositol (from Inositol Granules and Inositol Nicotinate)	25 mg	†
Bromelain (2400 GDU/g)	25 mg	†
Lipase (80,000 LU/g)	12.5 mg	†
Papain (2000 USP/mg)	12.5 mg	†
Amylase (5000 FCC/g)	5 mg	†
CoQ10 (as Ubiquinone)	5 mg	†
Lycopene (from Natural Tomato Extract)	1 mg	†
Boron (from Boron AAC*)	1 mg	†
Lutein (from FloraGLO)	500 mcg	†
Vanadium (from Vanadium AAC*)	100 mcg	†

† Daily Value not established.

AAC* = Amino Acid Chelate

Other Ingredients: Pumpkin Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Yellow Beeswax and Cinnamon (*Cinnamomum cassia*) (Bark) Oil.