

Supplement Facts		
Serving Size: 2 Tablets		
Servings per Container: 45		
	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene)	20,000 IU	400%
Vitamin C (as calcium ascorbate)	300 mg	500%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as D-alpha-tocopheryl succinate)	200 IU	667%
Thiamin (as thiamin mononitrate)	100 mg	6667%
Riboflavin	100 mg	5882%
Niacin (as niacinamide, niacin)	100 mg	500%
Vitamin B6 (a pyridoxine HCl)	90 mg	4500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as D-Ca pantothenate)	100 mg	1000%
Calcium (as calcium carbonate, glycinate amino acid chelate)	50 mg	5%
Iron (as ferrous sulfate, bisglycina)	10 mg	56%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate amino acid chelate)	30 mg	8%
Zinc (as zinc oxide, glycinate amino acid chelate)	15 mg	100%
Selenium (as L-selenomethionine)	25 mcg	36%
Copper (as copper gluconate, glycinate amino acid chelate)	1.5 mg	75%
Manganese (as manganese gluconate, glycinate amino acid chelate†)	2 mg	100%
Chromium (as chromium picolinate, yeast-free)	25 mcg	21%
Molybdenum (as glycinate amino acid chelate)	50 mcg	67%
Sodium	10 mg	<1%
Potassium (as potassium chloride, glycinate amino acid complex)	10 mg	<1%
Inositol	100 mg	**
Choline (as choline bitartrate)	41 mg	**
Rose Hips (fruit)	40 mg	**
Rutin	25 mg	**
Citrus Bioflavonoids	25 mg	**
Betaine HCl	25 mg	**
L-Glutamine Acid	25 mg	**
Pyridoxal-5-Phosphate	20 mg	**
Lecithin	20 mg	**

Hesperidin	5 mg	**
L-Glutathione	5 mg	**
Boron (boron amino acid complex)	1 mg	**
Carotenoid Mix (alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	229 mcg	**
Whole Food/Herbal Blend (Alfalfa [whole plant], Orange Peel Powder, Dong Quai [root], Eleuthero [root], Oat Fiber, Suma [root], Watercress [whole plant], Echinacea purpurea [root], Parsley [aerial], Spirulina)	260 mg	**
VM-2000 Soy Protein/Amino Acid Blend (L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Cysteine, L-Methionine)	200 mg	**
* Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value (DV) not established.		