

| Supplement Facts | | |
|---|---------------------------|----------------------|
| Serving Size: 1 Tablet | | |
| | Amount Per Serving | % Daily Value |
| Vitamin A (as natural beta-carotene) | 7,500 IU | 150% |
| Vitamin C (as niacinamide ascorbate, L-ascorbic acid) | 250 mg | 417% |
| Vitamin D (as ergocalciferol) | 400 IU | 100% |
| Vitamin E (as D-alpha-tocopheryl succinate) | 150 IU | 500% |
| Thiamin (a thiamin mononitrate) | 75 mg | 5000% |
| Riboflavin | 75 mg | 4412% |
| Niacin (as niacinamide ascorbate) | 75 mg | 375% |
| Vitamin B6 (as pyridoxine HCl) | 75 mg | 3750% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B12 (as cobalamin) | 75 mcg | 1250% |
| Biotin | 75 mcg | 25% |
| Pantothenic Acid (as D-Ca pantothenate) | 75 mg | 750% |
| Calcium (as calcium carbonate, glycinate amino acid chelate†) | 20 mg | 2% |
| Iron (as iron bisglycinate) | 1.3 mg | 7% |
| Iodine (from kelp) | 150 mcg | 100% |
| Magnesium (as glycinate amino acid chelate, magnesium oxide) | 10 mg | 3% |
| Zinc (as glycinate amino acid chelate, zinc oxide) | 10 mg | 67% |
| Selenium (as L-selenomethionine) | 25 mcg | 36% |
| Copper (as glycinate amino acid chelate) | 1 mg | 50% |
| Manganese (as glycinate amino acid chelate) | 1 mg | 50% |
| Chromium (as niacin amino acid chelate) | 25 mcg | 21% |
| Molybdenum (as glycinate amino acid chelate) | 25 mcg | 33% |
| Potassium (as potassium amino acid complex) | 1.8 mg | <1% |
| Inositol | 75 mg | ** |
| Choline (as choline bitartrate) | 31 mg | ** |
| Betaine HCl | 25 mg | ** |
| Rutin | 25 mg | ** |
| Citrus Bioflavonoids | 25 mg | ** |
| Hesperidin | 5 mg | ** |
| Boron (as boron amino acid complex) | 0.5 mg | ** |
| Carotenoid Mix (alpha-carotene, lutein, zeaxanthin, cryptoxanthin) | 86 mcg | ** |
| Natural Powdered Blend (Alpha [whole-plant], Acerola [berry], Kelp [whole-plant], Parsley [aerial], Rose Hips [fruit] and watercress [whole-plant]) | 4 mg | ** |
| * Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value (DV) not established. | | |