

Supplement Facts		
Serving Size: 2 Tablets		
Servings Per Container: 50		
	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Protein	1 g	2%*
Vitamin A (as natural beta-carotene)	5,000 IU	100%
Vitamin C (as L-ascorbic acid)	250 mg	417%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl acid succinate)	150 IU	500%
Thiamin (as thiamin mononitrate)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin	75 mcg	25%
Pantothenic Acid (as D-Ca pantothenate)	25 mg	250%
Calcium (as calcium carbonate, glycinate amino acid chelate)	64 mg	6%
Iron	0 mg	0%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate amino acid chelate)	32 mg	8%
Zinc (as glycinate amino acid chelate)	15 mg	100%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as glycinate amino acid chelate)	3 mg	150%
Manganese (as glycinate amino acid chelate)	4 mg	200%
Chromium (as nicotinoglycinate amino acid chelate)	200 mcg	167%
Sodium ***	10 mg	<1%
Choline (as choline bitartrate)	200 mg	**
Inositol	25 mg	**
Betaine HCl (from beets)	25 mg	**
Citrus Bioflavonoids	25 mg	**
Boron (as boron citrate)	0.5 mg	**
Carotenoid Mix (alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	57 mcg	**
* Percent Daily Values (DV) based on a 2000 calorie diet.		
**Daily Value (DV) not established.		
***Naturally occurring; therefore amount may vary.		