

| Supplement Facts | | |
|--|---------------------------|------------|
| Serving Size: 1 Tablet | | |
| | Amount Per Serving | %DV |
| Vitamin A (as palmitate 2,500 IU, 50% [2,500 IU] as natural beta-carotene) | 5,000 IU | 100% |
| Vitamin C (as L-ascorbic acid) | 150 mg | 250% |
| Vitamin D (as cholecalciferol) | 400 IU | 100% |
| Vitamin E (as D-alpha-tocopheryl succinate) | 150 IU | 500% |
| Thiamin (as thiamin mononitrate) | 25 mg | 1667% |
| Riboflavin | 25 mg | 1471% |
| Niacin (as niacinamide) | 100 mg | 500% |
| Vitamin B6 (as pyridoxine HCl) | 25 mg | 1250% |
| Folic Acid | 100 mcg | 25% |
| Vitamin B12 (as cobalamin) | 100 mcg | 1667% |
| Biotin | 20 mcg | 7% |
| Pantothenic Acid (as D-Ca pantothenate) | 50 mg | 500% |
| Calcium (as calcium oxide from bone meal) | .32 mg | 3% |
| Iron | 0 mg | 0% |
| Phosphorus (as phosphorus oxide from bone meal) | 13 mg | 1% |
| Iodine (as potassium iodide) | 100 mcg | 67% |
| Magnesium (as magnesium gluconate) | 0.4 mg | <1% |
| Zinc (as zinc gluconate) | 0.2 mg | 1% |
| Manganese (as manganese gluconate) | 0.7 mg | 35% |
| Citrus Bioflavonoids | 25 mg | ** |
| Betaine HCl (from beets) | 25 mg | ** |
| Inositol | 25 mg | ** |
| Rutin (from Dimorphandra mollis [fruit]) | 25 mg | ** |
| Choline (as choline bitartrate) | 10 mg | ** |
| L-Lysine HCl | 10 mg | ** |
| Hesperidin | 5 mg | ** |
| Carotenoid Mix (alpha-carotene, lutein, zeaxanthin, cryptoxanthin) | 29 mcg | ** |
| Natural Powdered Blend (Alfalfa [whole plant], Acerola [berry], Kelp [whole plant], Parsley [aerial], Rose Hips [fruit], Watercress [whole plant]) | 7 mg | ** |
| * Percent Daily Values (DV) are based on a 2000 calorie diet. **Daily Value (DV) not established. | | |