

Supplement Facts

Serving Size: 1 tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10,000 IU 200%	Copper (as copper oxide)	2mg 100%
Vitamin C (as ascorbic acid)	100mg 167%	Manganese (as manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	50 IU 13%	Chromium (as chromium picolinate)	200mcg 167%
Vitamin E (as d-alpha tocopheryl)	100 IU 333%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (as phytonadione)	100mcg 125%	Potassium (as potassium chloride)	10mg <1%
Thiamin (as thiamin HCl)	25mg 1667%	PABA (para-aminobenzoic acid)	25mg *
Riboflavin	25mg 1471%	Bioflavonoids (from lemon)	25mg *
Niacin (as nicotinic acid)	30mg 150%	Rutin NF	10mg *
Vitamin B6 (as pyridoxine HCl)	25mg 1250%	Choline (as choline bitartrate)	10mg *
Folic Acid	400mcg 100%	Inositol	10mg *
Vitamin B12 (as cyanocobalamin)	50mcg 833%	Hesperidin	10mg *
Biotin	150mcg 50%	Protease	600 HUT *
Pantothenic Acid (as d-calcium pantothenate)	25mg 250%	Amylase	300 DU *
Calcium (as amino acid chelate, carbonate)	50mg 5%	Lipase	5 LU *
Iodine (from kelp)	25mcg 17%	Cellulase	5 CU *
Magnesium (as magnesium citrate)	25mg 6%	Papaya Juice Powder	10mg *
Zinc (as zinc citrate)	15mg 100%	Spirulina	50mg *
Selenium (as selenomethionine)	200mcg 286%	Barley Grass Powder	25mg *
		Saw Palmetto	50mg *
		Pygeum	25mg *
		Tomato Powder	50mg *
		Schizandra (berries)	25mg *

* Daily Value not established

Other ingredients: Dicalcium phosphate, croscarmellose sodium, microcrystalline cellulose, ethylcellulose, stearic acid, silica, magnesium stearate, pharmaceutical glaze.