

Supplement Facts

Serving Size: 2 tablets

Servings Per Container : 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200%	Copper (as copper oxide)	2mg 100%
Vitamin C (as magnesium ascorbate)	200mg 333%	Manganese (as Manganese sulfate)	2mg 100%
Vitamin D (as cholecalciferol)	400 IU 100%	Chromium (as chromium chloride)	50mcg 42%
Vitamin E (as d-alpha tocopherol)	30 IU 100%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin K (phytonadione)	30mcg 38%	Potassium (as potassium chloride)	0.05 <1%
Thiamin (as thiamine mononitrate)	25mg 1667%	Vanadium (as vanadium amino acid chelate)	2mcg *
Riboflavin	25mg 1471%	Boron (as boron amino acid chelate)	50mcg *
Niacin (as niacinamide)	25mg 125%	Bioflavonoids (from lemon)	25mg *
Vitamin B6 (as pyridoxine HCL)	25mg 1250%	Rutin	10mg *
Folic Acid	400mcg 100%	Choline (as choline bitartrate)	10mg *
Vitamin B12 (as cyanocobalamin)	50mcg 833%	Inositol	10mg *
Biotin	300mcg 100%	Hesperidin	10mg *
Pantothenic Acid (as D-calcium pantothenate)	25mg 250%	Para-aminobenzoic acid (PABA)	5mg *
Calcium (as calcium complexes)	500mg 50%	Enzyme Complex (protease, amylase, lipase, cellulase)	136mg *
Iron (as 56% ferrous bisglycinate, 44% ferrous sulfate)	18mg 100%	Proprietary Superfood Blend	555mg *
Iodine (from kelp)	100mcg 67%	(papaya juice powder, spirulina, barley grass, dong quai, vitex (chaste tree {berry}), horsetail (herb), fo-ti (root), schizandra (berries), nettles (leaf), carrot powder, spinach powder)	
Magnesium (as 73% magnesium citrate, 27% magnesium ascorbate)	250mg 63%		
Zinc (as zinc citrate)	15mg 100%		
Selenium (as selenomethionine)	100mcg 143%		

* Daily Value not established

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, silicon dioxide.