

# Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 45

Amount Per Serving		% Daily Value
Vitamin A (50% as Retinyl Palmitate, 50% as Beta-Carotene)	5,000 IU	100%
Vitamin C (Ascorbic Acid, Ascerola Berry)	150 mg	250%
Vitamin D (Cholecalciferol)	2000 IU	500%
Vitamin E (D-Alpha Tocopheryl Acid Succinate)	60 IU	200%
Thiamine (Thiamine Mononitrate)	30 mg	2000%
Riboflavin	30 mg	1765%
Niacin (Niacinamide)	40 mg	200%
Vitamin B6 (Pyridoxine HCl)	35 mg	1750%
Folate (Folic Acid)	400 mcg	100%
Vitamin B12 (Methylcobalamin)	100 mcg	1666%
Biotin (D-Biotin)	300 mcg	100%
Pantothenic Acid (Calcium Pantothenate)	20 mg	200%
Iodine (Potassium Iodide)	150 mcg	100%
Magnesium (Magnesium Oxide)	400 mg	100%
Zinc (Zinc Gluconate)	15 mg	100%
Selenium (Selenium Amino Acid Chelate)	70 mcg	100%
Copper (Copper Amino Acid Chelate)	2 mg	100%
Manganese (Manganese Amino Acid Chelate)	5 mg	250%
Chromium (Chromium Amino Acid Chelate)	200 mcg	167%
Molybdenum (Molybdenum Amino Acid Chelate)	75 mcg	100%
Alpha-Lipoic Acid	150 mg	†
Coenzyme Q10	20 mg	†

† Daily Value Not Established

Other Ingredients: Food Glaze, Calcium Carbonate, Croscarmellose Sodium, Stearic Acid, Microcrystalline Cellulose, Mono- and Diglycerides, Silicon Dioxide, Magnesium Stearate.