

# Supplement Facts

Serving Size 3 Tablets

Servings Per Container 108

Amount Per Serving		% Daily Value
Calories .....	5	
Total Carbohydrate .....	1 g	<1%*
Total Sugars.....	1 g	†
Includes 1 g of Added Sugars .....		2%*
Vitamin A (Retinyl Palmitate).....	3,780 mcg	420%
Vitamin C (Ascorbic Acid, Rose Hips, Acerola Fruit Extract).....	126 mg	140%
Vitamin D (Cholecalciferol) .....	20 mcg (800 IU)	100%
Vitamin E (d-Alpha Tocopheryl Succinate) .....	70 mg	467%
Thiamin (Thiamine Mononitrate, Molasses Culture) .....	8.4 mg	700%
Riboflavin (Riboflavin, Molasses Culture) .....	10.5 mg	808%
Niacin (Niacinamide, Molasses Culture) .....	60 mg	375%
Vitamin B6 (Pyridoxine HCl, Molasses Culture).....	18.9 mg	1112%
Folate .....	466 mcg DFE	117%
	(280 mcg Folic Acid)	
Vitamin B12 (Methylcobalamin).....	25 mcg	1042%
Biotin .....	210 mcg	700%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture).....	70 mg	1400%
Calcium (Oyster Shell, Calcium Carbonate, Calcium Sulfate).....	700 mg	54%
Iron (Iron Amino Acid Chelate) .....	4 mg	22%
Iodine (Kelp) .....	105 mcg	70%
Magnesium (Magnesium Oxide, Magnesium Amino Acid Chelate) .....	280 mg	67%
Zinc (Zinc Amino Acid Chelate) .....	15 mg	136%
Selenium (Selenium Amino Acid Chelate).....	35 mcg	64%
Copper (Copper Amino Acid Chelate).....	1.5 mg	167%
Manganese (Manganese Amino Acid Chelate) .....	4 mg	174%
Chromium (Chromium Amino Acid Chelate).....	84 mcg	240%
Molybdenum (Molybdenum Amino Acid Chelate) .....	37.5 mcg	83%
Potassium (Potassium Chloride) .....	20 mg	<1%
Choline (Choline Bitartrate) .....	105 mg	19%

Inositol .....	105 mg	†	Citrus Bioflavonoid Complex .....	18 mg	†
SeaPlex (a proprietary blend ... of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella)	52.5 mg	†	(citrus peel)		
Aloe Vera (leaf) Concentrate .....	18 mg	†	Pancreatin .....	15 mg	†
			Mixed Carotenoids .....	5.1 mg	†
			(from Sea Algae)		

† Daily Value Not Established

\* Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Sugar, Food Glaze, Mono- and Diglycerides, Microcrystalline Cellulose, Croscarmellose Sodium, Talc, Gum Arabic, Gelatin, Magnesium Stearate, Sunflower Lecithin, Starch, Titanium Dioxide (color), Beeswax, Spirulina (color).