

Product #210

(Rev. 4)

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 58

Amount Per Serving	% Daily Value
Calories.....	5
Total Carbohydrate.....	1 g <1%*
Total Sugars.....	1 g †
Includes 1 g Added Sugars.....	2%*
Vitamin A (Retinyl Palmitate).....	1500 mcg 167%
Vitamin C (Ascorbic Acid, Rose Hips, Acerola Fruit Extract).....	90 mg 100%
Vitamin D (Cholecalciferol).....	25 mcg (1000 IU) 125%
Vitamin E (d-Alpha Tocopheryl Acid Succinate).....	50 mg 333%
Thiamine (Thiamine Mononitrate, Molasses Culture).....	6 mg 500%
Riboflavin (Riboflavin, Molasses Culture).....	7.5 mg 577%
Niacin (Niacinamide, Molasses Culture).....	51.6 mg 323%
Vitamin B ₆ (Pyridoxine HCl, Molasses Culture).....	13.5 mg 794%
Folate.....	335 mcg DFE 84%
	(201 mg Folic Acid)
Vitamin B ₁₂ (Methylcobalamin).....	12 mcg 500%
Biotin (D-Biotin).....	150 mcg 500%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture).....	51 mg 1020%
Calcium (Bone Meal, Calcium Sulfate, Calcium Carbonate, Dicalcium Phosphate, Oyster Shell).....	501 mg 39%
Iron (Ferrous Fumarate).....	9 mg 50%
Phosphorus (Bone Meal, Dicalcium Phosphate).....	120 mg 10%
Iodine (Kelp).....	75 mcg 50%
Magnesium (Magnesium Oxide, Magnesium Amino Acid Chelate).....	200 mg 48%
Zinc (Zinc Amino Acid Chelate).....	11.2 mg 102%
Selenium (Selenium Amino Acid Chelate).....	35 mcg 64%
Copper (Copper Amino Acid Chelate).....	1 mg 111%
Manganese (Manganese Amino Acid Chelate).....	3 mg 130%
Chromium (Chromium Amino Acid Chelate).....	60 mcg 171%
Molybdenum (Molybdenum Amino Acid Chelate).....	37.5 mcg 83%
Potassium (Potassium Gluconate).....	12 mg <1%
Choline (Choline Bitartrate).....	75 mg 14%
Inositol.....	75 mg..... †
SeaPlex (a proprietary blend of Kelp, Dulse, Spirulina, Sodium Alginate, Bladderwrack, Irish Moss, Chlorella).....	37.5 mg..... †
Citrus Bioflavonoid Complex (Citrus Peel).....	15 mg..... †
Aloe Vera Gel (leaf) Concentrate ..	12 mg..... †
Pancreatin.....	12 mg..... †
Coenzyme Q10.....	2.5 mg..... †
Mixed Carotenoids (from Sea Algae) ..	3 mg..... †
Lycopene.....	600 mcg..... †

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

† Daily Value Not Established

Other Ingredients: Sugar, Mono- and Diglycerides, Microcrystalline Cellulose, Croscarmellose Sodium, Food Glaze, Talc, Gum Arabic, Gelatin, Starch, Magnesium Stearate, Annatto (color), Silicon Dioxide, Povidone, Titanium Dioxide (color), Carmine (color), Beeswax.