

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving		% Daily Value
Vitamin A (Fish Oil, 40% as Beta Carotene)	15,000 IU	300%
Vitamin C (Ascorbic Acid, Rose Hips)	150 mg	250%
Vitamin D3 (Fish Oil)	500 IU	125%
Vitamin E (D-Alpha Tocopheryl Succinate)	75 IU	250%
Thiamine (Vitamin B1) Molasses Culture	6 mg	400%
Riboflavin (Vitamin B2) Molasses Culture	7.5 mg	440%
Niacin (Molasses Culture, Niacinamide)	51.6 mg	258%
Vitamin B6 (Molasses Culture, Pyridoxine Hydrochloride)	13.5 mg	675%
Folate (Molasses Culture, Folic Acid)	201 mcg	50%
Vitamin B12 (Molasses Culture, Cyanocobalamin)	12 mcg	200%
Biotin (D-Biotin, Molasses Culture)	150 mcg	50%
Pantothenic Acid (Calcium Pantothenate)	51 mg	510%
Calcium (Bone Meal, Oyster Shell, Calcium Carbonate)	501 mg	50%
Phosphorus	120 mg	12%
Iodine (Kelp)	75 mcg	50%
Magnesium (Magnesium Oxide, Amino Acid Chelate)	200 mg	50%
Zinc (Zinc Amino Acid Chelate)	11.3 mg	75%
Selenium (Kelp)	25 mg	35%
Copper (Copper Amino Acid Chelate)	1 mg	50%
Manganese (Manganese Amino Acid Chelate)	3 mg	150%
Chromium (Chromium Amino Acid Chelate)	50 mcg	42%
Molybdenum (Molybdenum Amino Acid Chelate)	7.5 mcg	10%
Potassium	15 mg	<1%

LIPOTROPIC FACTORS

Choline (Choline Bitartrate, Molasses Culture)	75 mg	†
Inositol (Plant and Lecithin)	75 mg	†

† Daily Value Not Established

Other Ingredients: Cellulose, Citrus Bioflavonoid, Acerola Cherry, Aloe Vera, Rutin, SeaPlex™, (Spirulina, Chlorella, Irish Moss, Dulse, Kelp, Bladderwrack, Sodium Alginate), Lecithin, Marine Lipids, Magnesium Stearate, Gelatin, Food Glaze, Talc, Calcium Sulfate, Titanium Dioxide, Gum Arabic, Beeswax.