

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	% Daily Value
Calories.....	5
Total Carbohydrate.....	1 g <1*
Sugars.....	1 g
Vitamin A (Fish Oil, 50% as Beta-Carotene).....	10,000 IU 200%
Vitamin C (Ascorbic Acid, Rose Hips).....	150 mg 250%
Vitamin D (Fish Oil)	500 IU 125%
Vitamin E (D-Alpha Tocopheryl Acid Succinate)	75 IU 250%
Thiamine (Vitamin B1) (Molasses Culture, Thiamine Mononitrate)	6 mg 400%
Riboflavin (Vitamin B2) (Molasses Culture, Thiamine Mononitrate)	7.5 mg 440%
Niacin (Molasses Culture, Thiamine Mononitrate)	51.6 mg 258%
Vitamin B6 (Pyridoxine HCl, Molasses Culture)	13.5 mg 675%
Folate (Molasses Culture, Folic Acid)	201 mcg 50%
Vitamin B12 (Methylcobalamin)	12 mcg 200%
Biotin (D-Biotin)	150 mcg 50%
Pantothenic Acid (Calcium Pantothenate, Molasses Culture)	51 mg 510%
Calcium (Bone Meal, Oyster Shell, Calcium Carbonate)	501 mg 50%
Iron (Ferrous Fumarate)	9 mg 50%
Phosphorus (Bone Meal)	120 mcg 12%
Iodine (Kelp)	75 mcg 50%
Magnesium (Magnesium Oxide, Magnesium Amino Acid Chelate)	200 mg 50%
Zinc (Zinc Amino Acid Chelate)	11.3 mg 75%
Selenium (Kelp, Selenium Amino Acid Chelate)	35 mcg 50%
Copper (Copper Amino Acid Chelate)	1 mg 50%
Manganese (Manganese Amino Acid Chelate)	3 mg 150%
Chromium (Chromium Amino Acid Chelate)	60 mcg 50%
Molybdenum (Molybdenum Amino Acid Chelate)	37.5 mcg 50%
Potassium (Potassium Gluconate, Potassium Protein)	15 mg <1%
Choline (Choline Bitartrate, Molasses Culture)	75 mg †
Inositol (Plant, Lecithin)	75 mg †
Coenzyme Q10	5 mg †
Lycopene	1.5 mg †

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

† Daily Value Not Established

Other ingredients: Sucrose, Calcium Sulfate, Microcrystalline Cellulose, Glycerol Monostearate, Food Glaze, Croscarmellose Sodium, Talc, Gum Arabic, Gelatin, SeaPlex™ (proprietary blend of Spirulina, Chlorella, Irish Moss, Dulse, Kelp, Bladderwrack, Sodium Alginate), Starch, Magnesium Stearate, Pancreatin, Citrus Bioflavonoid Complex, Aloe Vera Gel Concentrate, Annatto, Silicon Dioxide, Titanium Dioxide, Acerola Cherry, Rutin, Lecithin, Marine Lipids, Carmine, Carnauba Wax, Beeswax.