

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving		% Daily Value
Calories.....	5	
Total Carbohydrate	1 g	<1%
Total Sugars	1 g	†
Includes 1 g added sugars		2%
Vitamin A (as Retinyl Palmitate)	900 mcg	100%
Vitamin C (as Ascorbic Acid, Rose Hips, Acerola Fruit Extract)	90 mg	100%
Vitamin D ₃ (as Cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	50 mg	333%
Thiamine (as Thiamine Mononitrate, Molasses Culture)	6 mg	500%
Riboflavin (as Riboflavin, Molasses Culture)	7.5 mg	577%
Niacin (as Niacinamide, Molasses Culture)	51.6 mg	323%
Vitamin B ₆ (as Pyridoxine HCl, Molasses Culture)	13.5 mg	794%
Folate	335 mcg DFE	84%
	(201 mcg Folic Acid)	
Vitamin B ₁₂ (as Methylcobalamin)	6 mcg	250%
Biotin	150 mcg	500%
Pantothenic Acid (as Calcium Pantothenate, Molasses Culture).....	51 mg	1020%
Calcium (from Bone Meal, Calcium Sulfate, Calcium Carbonate,	501 mg	39%
Dicalcium Phosphate, Oyster Shell)		
Iron (as Ferrous Fumarate)	9 mg	50%
Phosphorus (from Bone Meal, Dicalcium Phosphate)	120 mg	10%
Iodine (from Kelp)	75 mcg	50%
Magnesium (as Magnesium Oxide, Magnesium Bisglycinate Chelate buffered) ..	200 mg	48%
Zinc (as Zinc Amino Acid Chelate).....	11.25 mg	102%
Selenium (as Selenium Amino Acid Chelate).....	35 mcg	64%
Copper (as Copper Amino Acid Chelate)	1 mg	111%
Manganese (as Manganese Amino Acid Chelate)	3 mg	130%
Chromium (as Chromium Amino Acid Chelate)	50 mcg	143%
Molybdenum (as Molybdenum Amino Acid Chelate)	7.5 mcg	17%
Potassium (as Potassium Gluconate).....	12 mg	<1%
Choline (as Choline Bitartrate)	75 mg	14%
Inositol.....	75 mg †	
SeaPlex (a proprietary blend of	37.5 mg †	
Kelp, Dulse, Spirulina, Sodium Alginate,		
Bladderwrack, Irish Moss, Chlorella)		
	Citrus Bioflavonoid Complex (from Citrus Peel) 15 mg †	
	Pancreatin	12 mg †
	Aloe Vera (leaf) Concentrate	12 mg †
	Mixed Carotenoids (from Sea Algae) ..	3.6 mg †

† Daily Value Not Established

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