

# Supplement Facts

Serving Size: 2 Capsules  
Serving Per Container: 60

Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1,120 mcg	124%	Calcium (as di-calcium malate <sup>S2</sup> , d-calcium pantothenate, and calcium ascorbate)	50 mg	4%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%	Iodine (as potassium iodide)	50 mcg	33%
Vitamin D3 (cholecalciferol)	2.5 mcg (100 IU)	13%	Magnesium (as di-magnesium malate) <sup>S2</sup>	50 mg	12%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%	Zinc (as zinc bisglycinate chelate) <sup>S2</sup>	6.5 mg	59%
Thiamin (as thiamine mononitrate)	10 mg	833%	Selenium (as selenium glycinate complex) <sup>S2</sup>	50 mcg	91%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	769%	Manganese (as manganese bisglycinate chelate) <sup>S2</sup>	0.25 mg	11%
Niacin (as niacinamide and niacin)	32 mg	200%	Chromium (as chromium nicotinate glycinate chelate) <sup>S2</sup>	250 mcg	714%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%	Molybdenum (as molybdenum glycinate chelate) <sup>S2</sup>	25 mcg	56%
Folate (170 mcg DFE as (6S)-5-methyltetrahydrofolic acid, glucosamine salt <sup>S1</sup> and 170 mcg DFE as calcium folinate)	340 mcg DFE	85%	Potassium (as potassium glycinate complex <sup>S2</sup> and potassium ascorbate)	49.5 mg	1%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%	Inositol	18 mg	**
Biotin	500 mcg	1,667%	PABA ( <i>para</i> -aminobenzoic acid)	6 mg	**
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%	Vanadium (as vanadium nicotinate glycinate chelate) <sup>S2</sup>	375 mcg	**
Choline (as choline dihydrogen citrate)	18 mg	3%	** Daily Value (DV) not established.		

**Other Ingredients:** Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, silica, medium-chain triglyceride oil, and mixed tocopherols.

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