

Supplement Facts

Serving Size: Two (2) Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin C (as isoascorbic acid)	450mg	500
Vitamin D (as cholecalciferol)	200mcg	1000
Vitamin E (as dl-tocopherol acetate)	66mg	440
Riboflavin	13mg	1000
Niacin (as niacinamide)	16mg NE	100
Folate (as folic acid)	400mcg	100
Vitamin B-12 (as cyanocobalamin)	24mcg	1000
Biotin	3000mcg	1000
Iron (as carbonyl iron)	8mg	44
Zinc (as zinc gluconate)	11mg	100
Selenium (as selenomethionine)	110mcg	200
Follicle Stimulating Herbal Blend Fo Ti (Polygonum multiflorum) Extract (root 12:1), Horsetail whole herb extract (Equisetum arvense), beta sitosterol, soybean, kudzu root extract, red clover leaf extract		
	935mg	**

OTHER INGREDIENTS: Rice Flour

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to the daily diet. 2000 calories a day is used for general nutrition advice.
**Daily Value not established.