

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 (<i>Polygonum multiflorum</i>) extract (root 12:1), Horsetail whole herb extract (<i>Equisetum arvense</i>), beta sitosterol, soybean, kudzu root extract, red clover leaf extract	935mg	**

OTHER INGREDIENTS: Vegetable Capsule, 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.