

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Vitamin A (beta-carotene)	2000 IU (1200mcg)	40%
vitamin C (ascorbic acid)	150mg	250%
vitamin D (cholecalciferol)	400 IU	100%
vitamin E (DL-alpha tocopherol acetate 50%)	30 IU	100%
vitamin B1 (thiamine HCl)	7	450%
vitamin B2 (riboflavin)	7.5	440%
vitamin B3 (Niacinamide)	20mg	100%
vitamin B6 (pyridoxine HCl)	7.5mg	375%
Folic acid	400mcg	100%
vitamin B12 (cyanocobalamin)	27mcg	225%
Biotin	300mcg	100%
Vitamin B5 (D-Calcium pantothenate)	10mg	100%
Calcium (citrate 21%)	25mg	5%
Iron (ferrous fumarate)	6mg	33%
Iodine (from Kelp)	150mcg	100%
Magnesium (citrate 16%)	50mg	6%
Zinc Citrate 31%	15mg	100%
Selenium (AAC 2%)	30mcg	42%
Copper Glycinate or Aspartate 10%	2mg	100%
Mangaense (chelate 20%)	2mg	100%
Chromium (picolinate 15%)	120mcg	100%
Molybdenum Glycinate Chelate 2.5%	75mcg	100%
Boron (rice protein complex)	150mcg	*

* % Daily Value (DV) not established