

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value **	
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1,333%
Niacin (Vitamin B-3) (as niacin)	50 mg	250%
Biotin	450 mcg	150%
Magnesium (as magnesium oxide)	150 mg	38%
Chromium (as Chromax® chromium picolinate)	100 mcg	83%
Asian ginseng powder (<i>Panax ginseng</i>) (root)	100 mg	†
Apple cider vinegar powder	50 mg	†
<i>Gymnema sylvestre</i> powder (leaf)	200 mg	†
Vanadium (as vanadyl sulfate)	1 mg	†

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Gelatin, apple pectin (*Malus domestica*) (fruit), magnesium stearate.

Contains: Milk and Soybeans.

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