

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value**
Thiamin (Vitamin B-1) (as thiamine HCl)	50 mg 3,333%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (Vitamin B-3) (as niacinamide)	50 mg 250%
Vitamin B-6 (as pyridoxine HCl)	100 mg 5,000%
Vitamin B-12 (as cyanocobalamin)	100 mcg 1,667%
Iodine (as potassium iodide)	250 mcg 167%
Magnesium (as magnesium oxide)	310 mg 78%
Zinc (as zinc picolinate)	25 mg 167%
Selenium (as selenomethionine)	100 mcg 143%
Copper (as cupric oxide)	1.50 mg 75%
Manganese (as manganese sulfate)	10 mg 500%
Irish moss powder (dried plant)	75 mg †
L-Tyrosine	100 mg †

† Daily Value not established.

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

Other Ingredients: Gelatin, magnesium stearate.