

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value **	Amount Per Serving	% Daily Value **
Vitamin A (as Betatene® natural beta carotene)	6,667 IU 133%	Amylase 5000 FCC units/gm (<i>Aspergillus oryzae</i>)	3.3 gm †
Vitamin C (as ascorbic acid)	667 mg 1,112%	Apple pectin (fruit)	13.3 mg †
Vitamin D (as cholecalciferol)	267 IU 67%	Bee pollen powder	66.7 mg †
Vitamin E (as d-alpha tocopheryl acetate)	133 IU 443%	Betaine HCL (from sugar beets)	16.7 mg †
Thiamin (Vitamin B-1) (as thiamine HCl)	16.7 mg 1,113%	Mixed carotenoids (from Betatene® natural mixed carotenoids)	2.7 mg †
Riboflavin (Vitamin B-2)	16.7 mg 982%	Black current powder (seed) [providing 10% fatty acids (3.3 mg), including 2.5-4% gamma linolenic acid (0.832-2.66 mg)]	33.3 mg †
Niacin (Vitamin B-3) (as niacinamide)	26.7 mg 134%	Bromelain (from pineapple) (2400 gelatin digestive units per gram)	6.67 mg †
Vitamin B-6 (as pyridoxine HCl)	16.7 mg 835%	Choline (as choline bitartrate)	20 mg †
Folate (as folic acid)	267 mcg 67%	DNA (Deoxyribonucleic acid, from yeast)	4 mg †
Vitamin B-12 (as cyanocobalamin)	133.3 mcg 2,222%	Inositol	20 mg †
Biotin	66.7 mcg 22%	Korean ginseng powder (root)	33.3 mg †
Pantothenic acid (as d-calcium pantothenate)	40 mg 400%	Lemon bioflavonoid complex [50% total bioflavonoids (20 mg)]	40 mg †
Calcium (ascorbium carbonate)	113.3 mg 11%	Lipase 5000 FCC units/gm (<i>Aspergillus niger</i>)	3.3 mg †
Calcium (as TRAACS® Calcium Glycinate Chelate)	20 mg 2%	Lutein (from marigold flowers)	1.3 mg †
Iodine (from kelp)	100 mcg 67%	Octacosanol (from rice wax)	133.3 mcg †
Magnesium (as TRAACS® Magnesium Lysyl Glycinate Chelate)	13.3 mg 3%	PABA (para-aminobenzoic acid)	10 mg †
Magnesium (as magnesium oxide)	53.4 mg 13%	Papain 2000 USP units/mg (fruit)	20 mg †
Zinc (as TRAACS® Zinc Glycinate Chelate)	5 mg 33%	Quercetin dihydrate (seeds)	20 mg †
Zinc (as zinc picolinate)	5 mg 33%	RNA (Ribonucleic acid, from yeast)	14 mg †
Selenium (as selenium glycinate complex)	16.7 mcg 24%	Rutin powder (seeds)	16.7 mg †
Copper (as TRAACS® Copper Glycinate Chelate)	0.3 mg 15%	Spirulina (California grown) (microalgae)	666.7 mg †
Manganese (as TRAACS® Manganese Glycinate Chelate)	2.7 mg 135%	Zeaxanthin (from marigold flowers)	58.7 mg †
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	13.3 mcg 11%		
Chloride (as potassium chloride)	25.6 mg 1%		
Potassium (as potassium chloride)	28.33 mg 1%		
Potassium (as potassium glycinate complex)	5 mg 0%		

† Daily Value not established.

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

Distributed by: Indiana Botanic Gardens, Inc.
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