

Supplement Facts

Serving Size 2 Softgels
Servings per Container 15

Amount Per Serving	% DV**	Amount Per Serving	% DV**
Calories	15	Iodine (as Kelp)	150 mcg 100%
Calories from Fat	10	Magnesium (as Magnesium Oxide)	50 mg 13%
Total Fat	1 g 2%	Zinc (as Zinc Citrate)	15 mg 100%
Total Carbohydrates	1 g <1%	Selenium (as Selenium Yeast)	25 mcg 36%
Protein	<1 g 2%	Copper (as Copper Gluconate)	2 mg 100%
Vitamin A (as Fish 10,000 IU Liver Oil and 40% Beta-Carotene)	200%	Manganese (as Manganese Sulfate)	10 mg 500%
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg 500%	Chromium (as Chromium Picolinate)	3 mcg 3%
Vitamin D (as Fish Liver Oil)	400 IU 100%	Potassium (as Potassium Citrate)	30 mg 1%
Vitamin E (as d-Alpha Tocopherol plus Beta, Gamma and Delta Tocopherols)	300 IU 1,000%	Garlic Oil (<i>Allium sativum</i>) (bulb)	135 mg †
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%	Soy Lecithin	80 mg †
Riboflavin (Vitamin B-2)	50 mg 2,941%	Choline Bitartrate	50 mg †
Niacin (as Niacinamide)	50 mg 250%	PABA (Para-Aminobenzoic Acid)	50 mg †
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%	Citrus Bioflavonoid (<i>Citrus sinensis</i>) (fruit)	30 mg †
Folic Acid	400 mcg 100%	Rutin	10 mg †
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Royal Jelly	5 mg †
Biotin (as d-Biotin)	50 mcg 17%	RNA (Ribonucleic Acid)	2 mg †
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%	DNA (Deoxyribonucleic Acid)	2 mg †
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Boron (as Boron Amino Acid Chelate)	1 mg †
Iron (as Ferrous Fumarate)	15 mg 83%	Coenzyme Q-10	100 mcg †
Phosphorous (as Dicalcium Phosphate)	50 mg 5%	Inositol	50 mcg †
		Octacosanol	10 mcg †

† Daily Value not established

** Percent Daily Values (DV) are based on a 2,000 calorie per day diet.

Other Ingredients: Gelatin, Soybean Oil, Glycerin, Caramel Color, Titanium Dioxide Color, Mannitol, Purified Water.