

# Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving		% Daily Value **
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Niacin (Vitamin B-3) (as niacin)	70 mg	350%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	50 mcg	834%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	150 mg	1500%
Calcium (as dicalcium phosphate, d-calcium pantothenate)	63 mg	6%
Iron (as ferrous fumarate)	36 mg	200%
Phosphorus (as dicalcium phosphate)	43 mg	4%
Iodine (from kelp)	300 mcg	200%
Zinc (as zinc oxide)	50 mg	334%
Selenium (as L-selenomethionine)	100 mcg	142%
Manganese (as manganese sulfate)	20 mg	1000%
Chromium (as Chromax® chromium picolinate)	100 mcg	84%
Molybdenum (as sodium molybdate)	100 mcg	134%
Choline (as choline bitartrate)	23 mg	†
Inositol	100 mg	†
PABA (para-aminobenzoic acid)	20 mg	†

† Daily Value not established.

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

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