

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	%Daily Value†
Vitamin A (12,500 IU as beta carotene, 2,500 IU as palmitate)	15,000 IU 300%
Vitamin C (as ascorbic acid, zinc ascorbate)	250 mg 417%
Vitamin D (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K (as phytonadione)	25 mcg 31%
Thiamin (Vitamin B-1) (as thiamine mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (Vitamin B-3) (as niacin, niacinamide)	50 mg 250%
Vitamin B-6 (as pyridoxine HCl)	25 mg 1,250%
Folate (as folic acid)	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic acid (as d-calcium pantothenate)	25 mg 250%
Calcium (as calcium carbonate, calcium citrate, and dibasic calcium phosphate)	500 mg 50%
Iron (as ferrous sulfate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, citrate, and glycinate)	200 mg 50%
Zinc (as zinc ascorbate)	15 mg 100%
Selenium (as L-selenomethionine)	75 mcg 107%

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Copper (as copper citrate)	2 mg 100%
Manganese (as manganese gluconate)	2 mg 100%
Chromium (as GTF chromium)	100 mcg 83%
Molybdenum (as molybdenum amino acid chelate)	50 mcg 67%
Betaine HCL	25 mg *
Boron (as boron citrate/aspartate/glycinate complex)	2 mg *
Bromelain (from pineapple) (600 gelatin digestive units per gram)	20 mg *
Choline bitartrate	25 mg *
Citrus bioflavonoids	25 mg *
Dongquai root	50 mg *
Inositol	25 mg *
Lecithin (from soybean oil)	25 mg *
Lipase 5000 FCC units/gm (Aspergillus niger)	10 mg *
PABA (para-aminobenzoic acid)	10 mg *
Papain 2000 USP units/mg	10 mg *
Royal jelly powder	50 mg *
Rutin (Dimorphantra gardeniaria Fam. Leguminosae) (seeds)	5 mg *
Silica (as silicon dioxide)	2 mg *
Vanadium (as vanadium amino acid chelate)	10 mcg *

* Daily Value not established. †Percent Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, purified water, methylcellulose, polyethylene glycol.
Contains: Soybeans.