

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

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

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

† Daily Value not established.

7

0330892011

6