

# Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value**	
Vitamin A (as palmitate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	50 IU	167%
Thiamin (Vitamin B-1) (as thiamine HCl)	10 mg	667%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (Vitamin B-3) (as niacin)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	15 mcg	250%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	85 mg	9%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium phosphate)	65 mg	7%
Iodine (from kelp)	20 mcg	13%
Magnesium (as magnesium oxide)	500 mcg	*
Zinc (as zinc gluconate)	43 mcg	*
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese sulfate)	15 mcg	*
Potassium (as potassium gluconate)	5 mg	*
Choline (as choline bitartrate)	2 mg	†

† Daily Value not established

\* Contains less than 2% of the Daily Value.

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

**Other Ingredients:** Microcrystalline cellulose, dicalcium phosphate, stearic acid, magnesium stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

**Contains: Soybeans.**