

Supplement Facts

Serving Size 2 Vege Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Thiamin (Vitamin B-1) (from thiamine HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (Vitamin B-3) (from niacin)	50 mg	313%
Vitamin B-6 (from pyridoxine HCl)	100 mg	5882%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4167%
Iodine (from potassium iodide)	190 mcg	127%
Magnesium (from magnesium oxide)	310 mg	74%
Zinc (from zinc oxide)	25 mg	227%
Selenium (from sodium selenate)	100 mcg	182%
Copper (from cupric oxide)	1.5 mg	167%
Manganese (from manganese sulfate)	10 mg	435%
Irish moss powder (<i>Chondrus crispus</i>) (dried plant)	75 mg	†
L-Tyrosine	100 mg	†
<i>Panax ginseng</i> extract (root) [Standardized for 70% ginsenosides (140 mg)]	200 mg	†
<i>Schisandra chinensis</i> powder (fruit)	200 mg	†
Ashwagandha powder (root)	200 mg	†

† Daily Value not established.

OTHER INGREDIENTS: VEGETABLE CELLULOSE, CALCIUM PALMITATE, MICROCRYSTALLINE CELLULOSE, RICE FLOUR, DICALCIUM PHOSPHATE.

Suggested Use: Take 2 vege capsules once daily, with a meal, as a dietary supplement, or as directed by a healthcare professional.