



SUPPLEMENT FACTS/AM

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%RDI
Vitamin A (as Vitamin A Palmitate)	3,000 IU	60%
Vitamin A (as Beta Carotene)	2,000 IU	40%
Vitamin C (as Ascorbic Acid)	250mg	417%
Vitamin D (as Vitamin D-3 (Cholecalciferol))	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	20 IU	67%
Vitamin K (as Vitamin K-1 (Phytonadione))	50mcg	63%
Vitamin K (as Vitamin K-2 (Menaquinone-4))	50mcg	63%
Thiamin (as Thiamine HCl)	20mg	1333%
Riboflavin (as Riboflavin-5-Phosphate)	10mg	588%
Niacin (as Niacinamide)	30mg	150%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	20mg	1000%
Folate (as 5-Methyl-Tetrahydrofolic Acid)	300mcg	75%
Vitamin B-12 (as Methylcobalamin)	300mcg	5000%
Biotin	250mcg	83%
Pantothenic Acid (as Calcium Pantothenate)	40mg	400%
Calcium (as Calcium Bisglycinate Chelate)	50mg	5%
Iodine (as Potassium Iodide)	75mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	100mg	25%
Selenium (as L-Selenomethionine)	100mcg	143%
Manganese (as Manganese Bisglycinate Chelate)	1mg	50%
Chromium (as Nicotinate Glycinate Chelate)	100mcg	83%
Molybdenum (as Molybdenum Glycinate Chelate)	10mcg	13%
d-gamma tocopherol (from Mixed Tocopherols)	25mcg	**%
Choline (as Choline Bitartrate)	150mg	**%
Boron (as Bororganic Glycine)	500mcg	**%

** Daily value not established

OTHER INGREDIENTS: Vegetable Capsule (HPMC, Water), Microcrystalline Cellulose, Calcium Lactate, Silicon Dioxide

SUPPLEMENT FACTS/PM

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%RDI
Vitamin A (as Vitamin A Palmitate)	600 IU	12%
Vitamin A (as Beta Carotene)	400 IU	8%
Vitamin C (as Ascorbic Acid)	150mg	250%
Vitamin D (as Vitamin D-3 (Cholecalciferol))	1,000 IU	250%
Vitamin K (as Vitamin K-1 (Phytonadione))	50mcg	63%
Vitamin K (as Vitamin K-2 (Menaquinone-4))	50mcg	63%
Niacin (as Niacinamide)	30mg	150%
Folate (as 5-Methyl-Tetrahydrofolic Acid)	300mcg	75%
Biotin	250mcg	83%
Calcium (as Calcium Bisglycinate Chelate)	50mg	5%
Iodine (as Potassium Iodide)	75mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	150mg	38%
Zinc (as Zinc Bisglycinate Chelate)	55mg	367%
Selenium (as L-Selenomethionine)	50mcg	71%
Manganese (as Manganese Bisglycinate Chelate)	1.5mg	75%
Chromium (as Nicotinate Glycinate Chelate)	100mcg	83%
Molybdenum (as Molybdenum Glycinate Chelate)	70mcg	93%
Boron (as Bororganic Glycine)	500mcg	**%

** Daily value not established

OTHER INGREDIENTS: Vegetable Capsule (HPMC, Water, Titanium Dioxide), Microcrystalline Cellulose, Calcium Lactate, Silicon Dioxide