



Directions: Take two tablets per day, preferably with food.

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%Daily Value
Vitamin A (as beta-carotene)	3000 IU	60%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Vitamin K (as phytonadione)	28 mcg	35%
Thiamin (vitamin B1)	15 mg	1000%
Riboflavin (vitamin B2)	17 mg	1000%
Niacin (as niacinamide)	75 mg	375%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folate (folic acid)	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate, dicalcium phosphate, calcium citrate calcium gluconate, calcium amino acid oligofructose complex)	250 mg	25%
Iron (as iron amino acid oligofructose complex)	9 mg	50%
Iodine (as iodine amino acid oligofructose complex)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofructose complex)	200 mg	50%
Zinc (as zinc amino acid oligofructose complex)	15 mg	100%
Selenium (as selenium amino acid oligofructose complex)	105 mcg	150%
Copper (as copper amino acid oligofructose complex)	3 mg	150%
Manganese (as manganese amino acid oligofructose complex)	2.5 mg	125%
Chromium (as chromium amino acid oligofructose complex)	120 mcg	100%
Molybdenum (as molybdenum amino acid oligofructose complex)	75 mcg	100%
Boron (as boron amino acid oligofructose complex)	150 mcg	†

† Daily Value not established.

GLUTEN-FREE

Other ingredients: Microcrystalline cellulose†, croscarmellose sodium†, hydroxypropyl methylcellulose†, silicon dioxide, magnesium stearate†, hydroxypropyl cellulose†, polyethylene glycol, stearic acid†, vanillin†. † plant-derived

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.