



Directions: Take one (1) tablet three times daily, preferably with food.

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 84				
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Amount Per Serving		%DV	Amount per serving	%DV
Vitamin A (as 100% (1800 mcg) Beta Carotene)	900 μg RAE	100%	Magnesium (as Magnesium AA Complex, 37.5 mg Magnesium Citrate and	9%
Vitamin C (as Poly C® Blend: Potassi Calcium, Magnesium, and Zinc Asco		186%	Magnesium Amino Acid Chelate) Zinc (as Zinc Citrate) 4 mg	36%
Vitamin D3 (as Cholecalciferol)	8 µд	40%	Selenium (as Selenium Amino Acid Complex) 50 µg	91%
Vitamin E (as d-alpha	45 mg	300%	Copper (as Copper Gluconate) 0.33 mg	37%
Tocopheryl Succinate)			Manganese (as Manganese Gluconate) 1 mg	43%
Vitamin K (as Phylloquinone)	20 µg	17%	Chromium (as Chromium Chloride 50 µg	143%
Thiamine (Vitamin B1)	6.67 mg	556%	and Chromium Nicotinate)	
Riboflavin (Vitamin B2)	6.67 mg	513%	Molybdenum (as Molybdenum Trioxide) 16.6 µg	37%
Niacin (as Niacin and Niacinamide)	12 mg NE	75%	Inositol 10 mg	
Vitamin B6 (as Pyridoxine HCL)	8 mg	471%	L-Cysteine Hydrochloride 15 mg	T.
Folate (as 166 µg Folic Acid)	277 μg DFE	69%	Antioxidant Phytonutrient Complex 52 mg	Ť
Vitamin B12 (as Cyanocobalamin)	50 µg	2083%	(Quercetin Dihydrate, Meriva® Bioavailable	
Biotin	100 µg	333%	Curcumin Complex)*, Olivol® [Olive Fruit Extract,	
Pantothenic Acid	10 mg	200%	Olea europaea L., fruit]**, Grape Seed Extract	
(as D-Calcium Pantothenate)		[Vitis vinifera L., seed], Green Tea Extract-Decaffeinated		
Choline (as Choline Bitartrate)	6.15 mg	1%	[Camellia sinensis hunt. leaves]	
Calcium (as Calcium Citrate,	76.3 mg	6%	Lutein 500 µg	T
Calcium Carbonate, and Calcium Ascorbate)			Lycopene 150 µg	Ť
lodine (as Potassium lodide)	50 µg	33%	Broccoli Concentrate 5 mg	Ť

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Modified Cellulose, Silicon (as Silicon Dioxide and Silicon Amino Acid Chelate), Dextrin, Ascorbyl Palmitate, Calcium Silicate, Hydrolyzed Rice Protein, Natural Mango Flavor, Dextrose, Soy Lecithin, Stevia, Sodium Carboxymethylcellulose, Sodium Citrate.

Manufactured By: USANA Health Sciences, Inc. 3838 West Parkway Blvd., Salt Lake City, Utah 84120 USA

Laboratory tested, quality quaranteed. Meets USP specification for uniformity, potency, and disintegration, where applicable *Meriva® is a registered trademark of Indena S.p.A.

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Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a

There is a safety seal under the cap. Do not use if the seal is broken or missing.

Store below 25° C



