

**WARNING:** Accidental overdose of iron-containing products is a leading cause of 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.

Store in a cool, dry area. Sealed with a safety seal for your protection.

KEEP OUT OF REACH OF CHILDREN

**RECOMMENDATION:** Take one (1) capsule per day as a dietary supplement or as otherwise directed by a healthcare professional.



Dietary Supplement 90 capsules

## Supplement Facts

**Serving Size:** 1 capsule  
**Servings per bottle:** 90

|                                       | Amount Per Serving | Daily Value |
|---------------------------------------|--------------------|-------------|
| Vitamin A (as mixed carotenoids)      | 1500 IU            | 30%         |
| Vitamin C (l-ascorbic acid)           | 10 mg              | 17%         |
| Vitamin D3 (cholecalciferol)          | 300 IU             | 75%         |
| Thiamin (vitamin B1)                  | 5 mg               | 333%        |
| Riboflavin 5'-phosphate (vitamin B2)  | 5 mg               | 294%        |
| Vitamin B6 (as pyridoxal-5-phosphate) | 5 mg               | 250%        |
| Folate (l-methylfolate)               | 5 mcg              | 1.25%       |
| Vitamin B12 (as methylcobalamin)      | 5 mcg              | 83%         |
| Biotin                                | 5 mcg              | 2%          |
| Pantothenic acid                      | 5 mg               | 50%         |
| Iron (as amino acid chelate)          | 2 mg               | 11%         |
| Selenium (as l-selenomethionine)      | 5 mcg              | 7%          |
| Manganese (as gluconate)              | 4.5 mg             | 225%        |
| Chromium (amino acid chelate)         | 25 mcg             | 21%         |
| Molybdenum (amino acid chelate)       | 10 mcg             | 13%         |

Coenzyme Q10 (ubiquinone).....25 mg

Proprietary Blend: ..... 310 mg

Vitis vinifera (grape) extract (seed) 4:1, Polygonum fagopyrum (buckwheat) extract (leaf juice) 4:1, beta vulgaris (beet) root (organic), tocotrienols (from palm fruit), echinacea purpurea extract (whole herb) 4:1, bioflavonoids (citrus), vanadium (amino acid chelate), rubidium (amino acid chelate)

**Other Ingredients:** natural trace mineral complex (from sea water), vegetarian capsule (cellulose, water), magnesium (as amino acid chelate)

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