



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

Amount Per Serving	%Daily Value
Vitamin A	5,000 IU 100%
Vitamin B1	12.5mg 800%
Vitamin B2	12.5mg 735%
Niacin	50mg 250%
Vitamin B5	25mg 500%
Vitamin B6	12.5mg 625%
Vitamin B12	100mcg 18667%
Vitamin C	150mg 250%
Vitamin D3	400 IU 100%
Vitamin E	40 IU 133%
Vitamin K	80mcg 100%
Folate	400mcg 100%
Biotin	75mcg 25%
Pantothenic Acid	10mg 100%
Calcium Carbonate	100mg 10%
Iodine	150mcg 100%
Magnesium Citrate	40mg 10%
Iron	18mg 90%
Zinc Oxide	11mg 73%
Selenium	70mcg 100%
Taurine	300mg **
Copper	500mcg 25%
Chromium	60mcg 50%
Organic Ginger Extract	30mg **

**Daily value not established

Other Ingredients: Vegetable Cellulose, Microcrystalline