

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Grapekin (color), Mannitol, Maltodextrin, Vegetable Glycerin, Titanium Dioxide Color, Glycine.

Contains soy ingredients.

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Sugar and Artificial Flavor.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, or planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if inner seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Ester-C® is a registered trademark of The Ester C Company.

†Albion® is a registered trademark of Albion Laboratories, Inc.

††Naturally occurring.

†††Not Genetically Modified. Soy from Nature®

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SOLVING FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....4,500 mcg.....500% (as natural beta-carotene)		Iron (as iron bisglycinate chelate†).....9 mg.....50%		Standardized Turmeric Extract.....50 mg.....*	
Vitamin C.....300 mg.....333%		Iodine (as potassium iodide).....150 mcg.....100%		(curcuminoids 46.5 mg [93%]) (root)	
(from Ester-C® as calcium, magnesium, zinc ascorbates)		Magnesium.....37 mg.....9%		Broccoli Cruciferous Extract.....50 mg.....*	
Vitamin D.....5 mcg (200 IU).....25% (as ergocalciferol)		(as glycinate amino acid chelate†, magnesium ascorbate, oxide)		Phosphatidylserine Complex.....50 mg.....*	
Vitamin E.....201 mg.....1,340% (as d-alpha tocopheryl succinate)		Zinc.....15 mg.....136%		(phosphatidylserine 10 mg [20%])	
Vitamin K (as phytonadione).....20 mcg.....17%		(as glycinate amino acid chelate†, zinc ascorbate)		N-Acetyl-L-Cysteine.....50 mg.....*	
Thiamin.....30 mg.....2,500%		Selenium.....70 mcg.....127%		Citrus Bioflavonoid Complex.....50 mg.....*	
(as thiamin mononitrate)		(as L-selenomethionine)		Polyphenols.....20 mg.....*	
Riboflavin.....35 mg.....2,692%		Copper.....1.5 mg.....167%		(from green tea leaf and grape seed extracts)	
Niacin (as niacinamide, niacin).....60 mg.....375%		(as glycinate amino acid chelate†)		Alpha-Lipoic Acid.....10 mg.....*	
Vitamin B6 (as pyridoxine HCl).....50 mg.....2,941%		Manganese.....2 mg.....87%		Coenzyme Q-10.....10 mg.....*	
Folate.....666 mcg DFE.....167% (400 mcg folic acid)		(as glycinate amino acid chelate†)		Quercetin.....10 mg.....*	
Vitamin B12 (as cyanocobalamin).....100 mcg.....4,167%		Chromium.....100 mcg.....286%		Co-Carboxylase.....1 mg.....*	
Biotin (as D-biotin).....100 mcg.....333%		(as chromium picolinate)		Pyridoxal-5'-Phosphate.....1 mg.....*	
Pantothenic Acid.....80 mg.....1,600%		Molybdenum.....50 mcg.....111%		Riboflavin-5'-Phosphate.....1 mg.....*	
(as D-Ca pantothenate)		(as glycinate amino acid chelate†)		Carotenoid Mix.....172 mcg.....*	
Choline (as choline bitartrate).....75 mg.....14%		Sodium††.....10 mg.....<1%		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Calcium.....35 mg.....3%		Potassium.....10 mg.....<1%		Nickel (as nickel sulfate).....5 mcg.....*	
(as calcium ascorbate, glycinate amino acid chelate†)		(as potassium glycinate complex†)		Vanadium (as vanadyl sulfate).....5 mcg.....*	
		Inositol.....75 mg.....*		Boron (as boric acid).....0.5 mg.....*	
		Soy Germ Extract†††.....50 mg.....*			

*Daily Value (DV) not established