

**Recommended Dose:** Take 1 tablet 3 times daily with meals or as recommended by your health professional. **Warning:** If you are pregnant or lactating, do not use. If you have any health condition or are taking any medication, consult your health professional before use. May cause liver disorder in some people. Consult your health professional immediately if you develop any of the following symptoms: nausea, vomiting, loss of appetite combined with itching, dark urine or yellowing of skin or eyes. Stop use immediately if a burning sensation occurs. Not recommended for people with ulcers. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

<sup>1</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order  
to accommodate required labeling.  
Please rely on stated quantity.

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GENESTRA  
BRANDS®

# GLY Forte

## Dietary Supplement

*Multivitamin/Mineral Formula with herbs and  
glandulars for daily wellness<sup>1</sup>*

180 TABLETS

# Supplement Facts

Serving Size 1 Tablet  
Servings per Container 180

|                                                          | Amount Per Serving                   | % DV   |                                                                        | Amount Per Serving | % DV |
|----------------------------------------------------------|--------------------------------------|--------|------------------------------------------------------------------------|--------------------|------|
| Vitamin A (as vitamin A palmitate/<br>50% beta-carotene) | 500 mcg                              | 56%    | Inositol                                                               | 4.2 mg             | *    |
| Vitamin C (as ascorbic acid)                             | 83.3 mg                              | 93%    | Betaine Hydrochloride                                                  | 3 mg               | *    |
| Thiamin (as thiamin mononitrate)                         | 16.7 mg                              | 1,392% | DL-Methionine                                                          | 16.7 mg            | *    |
| Riboflavin                                               | 16.7 mg                              | 1,285% | L-Glycine                                                              | 15 mg              | *    |
| Niacin (as niacinamide)                                  | 135 mg                               | 844%   | L-Alanine                                                              | 8 mg               | *    |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)     | 25 mg                                | 1,471% | L-Glutamic Acid                                                        | 3 mg               | *    |
| Folate (as folic acid)                                   | 111 mcg DFE<br>(66.7 mcg folic acid) | 28%    | Bovine ( <i>Bos taurus</i> ) Adrenal                                   | 10 mg              | *    |
| Vitamin B <sub>12</sub> (as cyanocobalamin)              | 33.3 mcg                             | 1,388% | Bovine ( <i>Bos taurus</i> ) Pancreas                                  | 10 mg              | *    |
| Biotin                                                   | 16.7 mcg                             | 56%    | Bovine ( <i>Bos taurus</i> ) Liver                                     | 10 mg              | *    |
| Pantothenic Acid (as calcium d-pantothenate)             | 83.3 mg                              | 1,666% | Bovine ( <i>Bos taurus</i> ) Kidney                                    | 8 mg               | *    |
| Choline (as choline bitartrate)                          | 16.7 mg                              | 3%     | Bovine ( <i>Bos taurus</i> ) Spleen                                    | 2 mg               | *    |
| Calcium<br>(as calcium aspartate/calcium d-pantothenate) | 10 mg                                | <1%    | Dandelion<br>( <i>Taraxacum officinale</i> ) Leaf                      | 10 mg              | *    |
| Iodine (from kelp)                                       | 9 mcg                                | 6%     | Licorice ( <i>Glycyrrhiza glabra</i> ) Root                            | 10 mg              | *    |
| Magnesium (as magnesium aspartate/oxide)                 | 8.3 mg                               | 2%     | Eleuthero ( <i>Eleutherococcus senticosus</i> )<br>Root Extract (10:1) | 10 mg              | *    |
| Zinc (as zinc aspartate)                                 | 2.5 mg                               | 23%    | 100 mg Dried Equivalent                                                |                    |      |
| Selenium (as selenomethionine)                           | 25 mcg                               | 45%    | Celandine ( <i>Chelidonium majus</i> )<br>Whole Plant Extract (4:1)    | 2 mg               | *    |
| Manganese (as manganese aspartate)                       | 3.3 mg                               | 143%   | 8 mg Dried Equivalent                                                  |                    |      |
| Chromium (as chromium nicotinate)                        | 375 mcg                              | 107%   |                                                                        |                    |      |
| Potassium (as potassium aspartate)                       | 9.2 mg                               | <1%    |                                                                        |                    |      |

\* Daily value (DV) not established

Other ingredients: Cellulose, hypromellose, glycerin, croscarmellose sodium, magnesium stearate, silica

