

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

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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STOP PEELING HERE

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 2,500 mcg 278% (from natural beta-carotene)		Choline 75 mg 14% (as choline bitartrate)		Soy Germ Powder ††† 50 mg *	
Vitamin C 300 mg 333% (as Ester-C®, calcium ascorbate)		Calcium 128 mg 10% (as glycinate chelate†, calcium ascorbate)		Standardized 50 mg *	
Vitamin D 5 mcg (200 IU) 25% (as D2, ergocalciferol)		Iron 9 mg 50% (as ferrous bisglycinate chelate†)		Turmeric Extract (curcuminoids 46.5 mg [93%]) (root)	
Vitamin E 60 mg 400% (as d-alpha tocopheryl succinate)		Iodine 150 mcg 100% (as potassium iodide)		Broccoli Powder 50 mg *	
Vitamin K 20 mcg 17% (as phytonadione)		Magnesium 64 mg 15% (as glycinate chelate†, oxide)		Phosphatidylserine 50 mg *	
Thiamin 30 mg 2,500% (as thiamin mononitrate)		Zinc (as glycinate) 10 mg 91% Selenium 70 mcg 127% (as L-selenomethionine)		Complex (phosphatidylserine 10 mg [20%])	
Riboflavin 35 mg 2,692% Niacin (as niacinamide) 60 mg 375% Vitamin B6 10 mg 588% (as pyridoxine HCl)		Copper 1.5 mg 167% (as glycinate chelate†)		Polyphenols 20 mg *	
Folate 666 mcg DFE 167% (400 mcg folic acid)		Manganese 2 mg 87% (as glycinate chelate†)		(from green tea leaf and grape seed extracts)	
Vitamin B12 100 mcg 4,167% (as cyanocobalamin)		Chromium 100 mcg 286% (as chromium picolinate)		Citrus Bioflavonoid 13 mg *	
Biotin (as D-biotin) 100 mcg 333% Pantothenic Acid 80 mg 1,600% (as D-Ca pantothenate)		Sodium†† 10 mg <1% Inositol 75 mg *		Complex Alpha-Lipoic Acid 10 mg *	
				Coenzyme Q-10 10 mg *	
				Quercetin 10 mg *	
				Riboflavin-5'-Phosphate 1 mg *	
				Carotenoid Mix 13 mcg *	
				(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	

*Daily Value (DV) not established