



Suggested Use: Take 2 tablets daily (place tablet in mouth and let dissolve before swallowing). Optimally, for the first 15 days, take two servings daily. FOR DAILY USE.

Supplement Facts

Serving Size 2 Fast Dissolving Tablets
 Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta carotene)	600 mcg	67%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl acetate)	40.2 mg	268%
Vitamin B ₁₂ (as methylcobalamin)	300 mcg	12,500%
Coenzyme Q10	100 mg	†
<i>trans</i> -Resveratrol (from resVida® Resveratrol)	30 mg	†

† Daily Value not established.

Other ingredients: Quick-melt matrix [mannitol, microcrystalline cellulose, crospovidone, sorbitol, copovidone, silicon dioxide], croscarmellose sodium, crospovidone, vegetable stearic acid, natural orange flavor, silica, citric acid, vegetable stearate, malic acid, rebaudioside A (stevia leaf extract) and luo han guo fruit extract.