



Suggested Use: Take 4 capsules daily with a meal (or divide during the day). FOR DAILY USE.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1,500 mcg 167%	Spectra™ Performance Blend	100 mg †
Vitamin C (as PureWay-C™ ascorbic acid)	300 mg 333%	Coffee bean extract, Green Tea leaf extract, Broccoli Sprout	
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU) 250%	powder, Onion bulb extract, Apple fruit extract, Quercetin, Acerola	
Vitamin E (as D-alpha tocopheryl succinate)	67 mg 447%	fruit extract, Tomato fruit powder, Broccoli florets & stem powder,	
Thiamine (as thiamine HCl)	12 mg 1,000%	Cabbage palm (Acai) berry powder, Basil leaf powder, Cassia bark	
Riboflavin	5 mg 385%	powder, Garlic bulb powder, Oregano leaf powder, Turmeric root	
Niacin (as niacinamide)	50 mg 313%	powder, Carrot root powder, European Elder fruit powder,	
Vitamin B6 (as pyridoxine HCl)	20 mg 1,176%	Mangosteen fruit powder, Camu Camu fruit powder, Blackberry	
Folate	667 mcg DFE 167%	fruit powder, Black Currant fruit extract, Blueberry fruit extract,	
(400 mcg folic acid)		Raspberry fruit powder, Spinach leaf powder, Purple Chokeberry	
Vitamin B12 (as MecobalActive® methylcobalamin)	500 mcg 20,833%	(<i>Aronia prunifolia</i>) fruit powder, Collards leaf powder, Sweet	
Biotin	300 mcg 1,000%	Cherry fruit powder, Bilberry fruit extract, Brussels Sprout powder	
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500%	Citrus Bioflavonoids peel powder	100 mg †
Iodine (as potassium iodide)	100 mcg 67%	Grape Seed extract	50 mg †
Magnesium (as magnesium oxide and citrate)	300 mg 71%	Quercetin (as Quercetin dihydrate)	25 mg †
Zinc (as zinc methionine) (OptiZinc®)	22 mg 200%	Lutein (as FloraGLO® Lutein)	10 mg †
Selenium (as selenium yeast)	150 mcg 273%	LactoSpore® Probiotic <i>Bacillus Coagulans</i>	10 mg †
Chromium (as chromium picolinate)	200 mcg 571%	Boron (as boron citrate)	5 mg †
		BioPerine® (from Black Pepper fruit extract)	3 mg †
		Zeaxanthin	2 mg †

†Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable magnesium stearate.

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