



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

Supplement Facts

Serving Size 4 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving			Amount Per Serving		
% Daily Value			% Daily Value		
Vitamin A (100% as beta carotene)	1500 mcg (5,000 IU)	167%	Bromelain	25 mg	†
Vitamin C (as magnesium ascorbate)	500 mg	556%	(from pineapple 2,400 GDU)		
Vitamin D (as Cholecalciferol)	50 mcg (2,000 IU)	250%	Betaine	25 mg	†
Vitamin E (as natural, d-alpha tocopheryl succinate with mixed tocopherols)	134 mg	893%	Inositol	25 mg	†
Thiamine (as Vitamin B1)	12 mg	1000%	PABA	25 mg	†
Riboflavin (as Vitamin B2)	5 mg	385%	Eleuthero extract** (root)	25 mg	†
Niacinamide (as Vitamin B3)	50 mg	313%	Ginger Root Extract	25 mg	†
Vitamin B6 (as pyridoxine HCl)	15 mg	882%	Papain (from papaya USP)	25 mg	†
Folate	667 DFE (400 mcg as folic acid)	167%	Phosphatidylserine (from soy)	21 mg	†
Vitamin B12 (as methylcobalamin)	300 mcg	12500%	Aloe Leaf	15 mg	†
Biotin	300 mcg	1000%	Pomegranate Extract (fruit, standardized to 4 mg punicosides***)	10 mg	†
Pantothenic Acid (as calcium pantothenate)	25 mg	500%	Ginkgo Biloba Extract (leaf)	10 mg	†
Choline	25 mg	5%	Rosemary Extract (leaf)	10 mg	†
Calcium (as calcium citrate)	25 mg	2%	Grape Seed Extract (9.5 mg OPCs)	10 mg	†
Iodine (as amino acid chelate)	100 mcg	67%	Tocotrienols/tocopherols Complex	10 mg	†
Magnesium (as oxide)	25 mg	6%	Fennel Seed	10 mg	†
Zinc (as citrate)	15 mg	136%	Silica	10 mg	†
Selenium (SelenoExcell™)†	150 mcg	273%	Spirulina	10 mg	†
Chromium (as chromium picolinate)	200 mcg	571%	Celery Seed	10 mg	†
Molybdenum (krebs††)	50 mcg	111%	Chlorophyll	10 mg	†
Potassium (as potassium chloride)	99 mg	2%	Parsley (leaf)	10 mg	†
Citrus Bioflavonoids	150 mg	†	Marshmallow Root	10 mg	†
Cranberry (as anthocyanidins)	100 mg	†	Dandelion Root	10 mg	†
Calcium Phytate (as IP-6)	150 mg	†	FloraGLO® Lutein	6 mg	†
Lecithin (from soy)	50 mg	†	L-Glutathione (reduced)	5 mg	†
Quercetin	50 mg	†	Blueberry Powder	5 mg	†
Garlic Powder (bulb, deodorized)	50 mg	†	Spinach Powder (leaf)	5 mg	†
L-Taurine	50 mg	†	Boron (as amino acid chelate)	3 mg	†
Flaxseed Complex	35 mg	†	Lycopene	2 mg	†
Ascorbyl Palmitate (fat-soluble)	25 mg	†	Huperzine A	75 mcg	†
Alpha Lipoic Acid	25 mg	†	† Daily Value not established.		

Other Ingredients: Cellulose and vegetable stearate.

†SelenoExcell™ is a registered trademark of Cypress Systems, Inc.

††krebs = citrate, fumarate, malate, glutarate and succinate complex.

FloraGLO® Lutein is a registered trademark of Kemin Industries, Inc.

**Also known as Siberian Ginseng

***Contains standardized pomegranate extract (40% punicosides) from PL Thomas

Allergy Information: This product contains soy (Lecithin and Phosphatidylserine)

