



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	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	1,500 mcg 167%	Inositol	25 mg †
Vitamin C (as Ascorbic Acid and Magnesium Ascorbate)	500 mg 556%	Papain	25 mg †
Vitamin D3 (as Cholecalciferol)	50 mcg (2,000 IU) 250%	Pomegranate Extract (<i>Punica granatum</i>) (hull)	125 mg †
Vitamin E (as d-alpha Tocopheryl Succinate and Mixed Tocopherols)	115 mg 767%	50 mg ellagic acid	
Thiamin (as Thiamine HCl)	12 mg 1,000%	Ginkgo Biloba Powder (leaf)	10 mg †
Riboflavin	5 mg 385%	Rosemary Leaf Extract	10 mg †
Niacin (as Niacinamide)	50 mg 313%	Grape Seed Extract	10 mg †
Vitamin B6 (as Pyridoxine HCl)	15 mg 882%	Tocotrienols/Tocopherols Complex	10 mg †
Folate	680 mcg DFE (400 mcg folic acid) 170%	Silica	10 mg
Vitamin B12 (as Methylcobalamin)	300 mcg 12,500%	Lutein (FloraGlo® Lutein)	10 mg
Biotin	300 mcg 1,000%	L-Glutathione	15 mg †
Pantothenic Acid (as Calcium Pantothenate)	25 mg 500%	Purity's BioAbsorb Complex	13 mg
Choline (as Choline Bitartrate)	25 mg 5%	Bioperine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit)	†
Calcium (as Calcium Citrate)	25 mg 2%	Lactospore® (<i>Lactobacillus sporogenes</i>)	†
Iodine (as Iodine Chelate)	100 mcg 67%	Boron (as boron amino acid chelate)	3 mg
Magnesium (as Magnesium Oxide and Magnesium Ascorbate)	25 mg 6%	Lycopene	2 mg
Zinc (as Zinc Citrate)	15 mg 136%	Coenzyme Q10	2 mg
Selenium (as Selenium Yeast)	150 mcg 273%	Spectra™ Performance Antioxidant Blend	50 mg
Chromium (as Chromium Picolinate)	200 mcg 571%	Coffea arabica Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate, maltodextrin and silicon dioxide	
Molybdenum (as Molybdenum Krebs)	50 mcg 111%	Organic Veggie Blend (VitaVeggie®)	50 mg †
Potassium (as Potassium Chloride)	50 mg 1%	Organic Broccoli, Organic Broccoli Sprout, Organic Tomato, Organic Carrot, Organic Spinach, Organic Kale.	†
Citrus Bioflavonoids	150 mg †		
Cranberry Concentrate (fruit)	50 mg †		
Inositol (as Inositol Hexaphosphate/IP-6)	50 mg †		
Quercetin	50 mg †		
Garlic (odor modified)	50 mg †		
L-Taurine	50 mg †		
Flax Seed Powder	35 mg †		
Ascorbyl Palmitate	25 mg †		
Alpha Lipoic Acid	25 mg †		
Betaine HCl	25 mg †		

* Daily Value not established.

Other ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, stearic acid.

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