



Suggested Use: Take 1 tablet 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 1 Fast Dissolving Tablet

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid, sodium ascorbate)	200 mg	222%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Folate	333 mcg DFE (200 mcg folic acid)	50%
Vitamin B12 (as methylcobalamin)	500 mcg	20,800%
Biotin	300 mcg	1000%
Sodium (as sodium ascorbate)	5 mg	< 1%
Stevia Leaf Extract	8.5 mg	†

*Percent Daily Values based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Xylitol, mannitol, microcrystalline cellulose, crospovidone, stearic acid, vegetable magnesium stearate, silicon dioxide, turmeric root powder (for color), natural flavors.