



Suggested Use: As a dietary supplement, adults take 4 tablets daily with a meal (or divide throughout the day). **FOR DAILY USE.**

Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)	1,500 mcg	167%	Magnesium (as magnesium citrate and from magnesium ascorbate)	100 mg	24%
Vitamin C (as magnesium ascorbate)	300 mg	333%	Zinc (as zinc methionine) (OptiZinc®)	15 mg	136%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%	Selenium (as selenium yeast)	150 mcg	273%
Vitamin E (as D-alpha tocopheryl succinate)	67 mg	447%	Chromium (as chromium picolinate)	200 mcg	571%
Thiamine (as thiamine HCl)	12 mg	1,000%	Citrus Bioflavonoid Peel Powder Complex	100 mg	†
Riboflavin	5 mg	385%	Cranberry Fruit extract	100 mg	†
Niacin (as niacinamide)	50 mg	313%	Grape Seed extract	50 mg	†
Vitamin B6 (as pyridoxine HCl)	20 mg	1,176%	Resveratrol (from Japanese Knotweed root extract)	40 mg	†
Folate	666.66 mcg DFE (400 mcg folic acid)	167%	Silicon dioxide	30 mg	†
Vitamin B12 (as MecobalActive® methylcobalamin)	400 mcg	16,667%	Quercetin (as Quercetin dihydrate)	25 mg	†
Biotin	1,000 mcg	3,333%	ProDURA® Probiotic <i>Bacillus coagulans</i>	13.3 mg	†
Pantothenic Acid (as calcium D-pantothenate)	25 mg	500%	Lutein (as FloraGLO® Lutein)	10 mg	†
Iodine (as potassium iodide)	100 mcg	67%	Boron (as boron citrate)	3 mg	†
Calcium (as calcium citrate)	100 mg	8%	BioPerine® Black Pepper Fruit extract	3 mg	†
			Zeaxanthin	2 mg	†

†Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, SlipTech™ Clean Finish (Hydroxypropyl methylcellulose, polydextrose, calcium carbonate, medium chain triglycerides, vegetable juice (color).

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