Suggested Usage: Take 1 tablet daily with food.

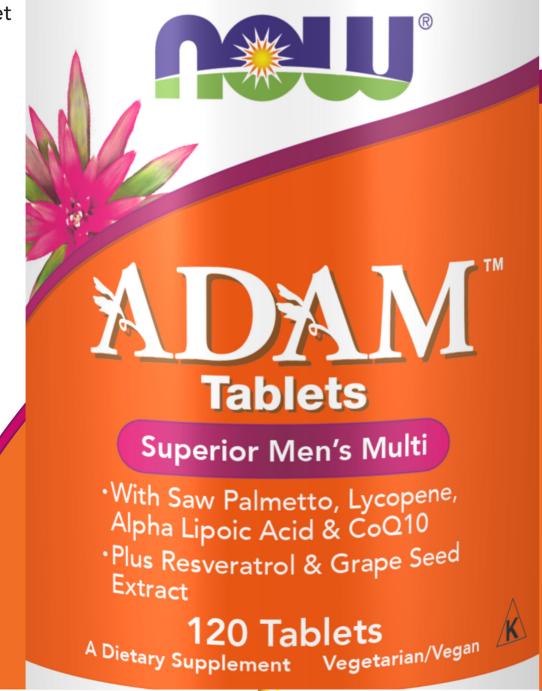
Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.







Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (from Calcium Ascorbate)	125 mg	139%
Vitamin D (as Ergocalciferol) 12.5	mcg (500 IU)	63%
Vitamin E (as d-alpha Tocopheryl Succina	ate) 50 mg	333%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	40 mcg	33%
Thiamin (Vitamin B-1) (from Thiamin HCI)	12.5 mg	1042%
Riboflavin (Vitamin B-2)	12.5 mg	962%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	17.5 mg	109%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	12.5 mg	735%
	340 mcg DFE	85%
	ncg folic acid)	
Vitamin B-12 (as Methylcobalamin)	125 mcg	5208%
Biotin	150 mcg	500%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	25 mg	500%
Choline (from Choline Bitartrate)	12.5 mg	2%
Calcium (from Calcium Ascorbate and Calcium Citrate)	25 mg	2%
lodine (from Potassium lodide)	75 mcg	50%
Magnesium (from Magnesium Citrate)	12.5 mg	3%
Zinc (from Zinc Bisglycinate) (TRAACS™) 15 mg	136%
Selenium (from L-Selenomethionine)	100 mcg	182%
Copper (from Copper Bisglycinate) (TRAAC	S™) 0.25 mg	28%

	Manganese (from Manganese Bisglycina (TRAACS™)	ate) 1 mg	43%
	Chromium (from Chromium Picolinate)	100 mcg	286%
1	Molybdenum (from Sodium Molybdate)	37.5 mcg	83%
	Potassium (from Potassium Chloride)	12.5 mg	< 1%
	Saw Palmetto (Berry) (Serenoa repens)	80 mg	
	Alpha Lipoic Acid	25 mg	†
	Organic Aloe Vera (Leaf) (Concentrate)	25 mg	†
	Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols)	12.5 mg	†
	Inositol	12.5 mg	†
	CoQ10 (Coenzyme Q10)	7.5 mg	†
	trans-Resveratrol [from Japanese Knotweed Extract (Policuspidatum) (Root)]	5 mg <i>lygonum</i>	†
1	Lycopene (from Tomato Extract)	1.5 mg	†
	Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®)	250 mcg	†
-	† Daily Value not established.		

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source), Croscarmellose

Sodium, Silicon Dioxide and Vegetarian Coating.

Vitamin E from non-GMO sov.

Manufactured & Quality Tested by NOW FOODS 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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