



Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (11% as beta-carotene)	940 mcg	104%	Biotin	30 mcg	100%
Vitamin C	120 mg	133%	Pantothenic Acid	15 mg	300%
Vitamin D	17.5 mcg (700 IU)	88%	Calcium	120 mg	9%
Vitamin E	11.4 mg	76%	Iodine	150 mcg	100%
Vitamin K	20 mcg	17%	Magnesium	110 mg	26%
Thiamin (B ₁)	4.5 mg	375%	Zinc	24 mg	218%
Riboflavin (B ₂)	3.4 mg	262%	Selenium	117 mcg	213%
Niacin	20 mg	125%	Copper	2.2 mg	244%
Vitamin B ₆	6 mg	353%	Manganese	4.2 mg	183%
Folate	665 mcg DFE (400 mcg folic acid)	166%	Chromium	180 mcg	514%
Vitamin B ₁₂	25 mcg	1042%	Molybdenum	90 mcg	200%
			Lycopene	370 mcg	*
			*Daily Value not established		

Ingredients: Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Croscarmellose Sodium, Zinc Oxide, dl-Alpha-Tocopheryl Acetate, Maltodextrin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, FD&C Blue #1 Aluminum Lake, FD&C Blue #2 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Lycopene, Manganese Sulfate, Niacinamide, Phylloquinone, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate.