

Supplement Facts		
Serving Size 6 Capsules / Servings per Container 15		
Amount per Serving		% DV
Calories	5	<10%
Total Carbohydrate	1 g	<10%
Vitamin A (as 77% [3,000 mcg] beta carotene, 22% [81 mcg] retinyl acetate)	3,891 mcg	432%
Vitamin C (ascorbic acid)	1,000 mg	1,111%
Vitamin D (as ergocalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin K (as phytylmenadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	25 mg	1,923%
Niacin (as niacinamide)	125 mg	716%
Vitamin B6 (as pyridoxine HCl)	20 mg	1,789%
Folate	400 mcg DFE (418 mcg Quatrefolic® brand (6S)- Methyltetrahydrofolate potassium salt)	100%
Vitamin B12 (as methylcobalamin)	80 mcg	3,333%
Biotin	33 mcg	1,109%
Paraethinic Acid (as D-calcium paraethanate)	125 mg	2,500%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium citrate, carbonate, D-calcium paraethanate)	262 mg	209%
Iron (as ferrous bisglycinate chelate)	18 mg	100%
Iodine (as potassium iodide and from kelp)	150 mcg	100%
Magnesium (as magnesium citrate and oxide)	125 mg	30%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as L-selenomethionine)	158 mcg	287%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese bisglycinate chelate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Daily Greens™ Blend: Spirulina, Kelp, Barley Grass, Blessed Thistle stem, leaf, flower, Blue-Green Algae (Aphanizomenon flos-aquae), Chlorella (micro-algae), Cilantro leaf, Dandelion, Aerial parts, Lemon Balm leaf,	400 mg	