

Serving Size 3 Tablets / Servings per Container 30		
Amount per Serving		% DV*
Calories	10	
Total Carbohydrate	2 g	1%
Vitamin A (as 70% (1,260 mcg) beta carotene and 30% (540 mcg) retinyl acetate)	1,800 mcg	200%
Vitamin C (Ascorbic acid)	450 mg	500%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	60 mg	400%
Vitamin K (as phylloquinone)	120 mcg	100%
Thiamin (as thiamin mononitrate)	40 mg	3,333%
Riboflavin	40 mg	3,077%
Niacin (as niacinamide)	80 mg	500%
Vitamin B6 (as pyridoxine HCl)	20 mg	1,776%
Folate	400 mcg DFE	100%
(418 mcg Quatrefolic® brand (RS)-5-Methyltetrahydrofolate glucosamine salt)		
Vitamin B12 (as methylcobalamin)	300 mcg	8,333%
Biotin	23 mcg	110%
Pantothenic Acid (as D-calcium pantothenate)	62.5 mg	1,250%
Choline (as choline bitartrate)	30 mg	5%
Calcium (from Aquamin® calcified mineral source <i>red algae Lithothamnion</i> sp. [whole plant])	325 mg	25%
Iodine (from kelp and as potassium iodide)	150 mcg	100%
Magnesium (from Aquamin® calcified mineral source <i>red algae Lithothamnion</i> sp. [whole plant] and as magnesium citrate, oxide)	130 mg	31%
Zinc (as zinc gluconate)	22 mg	200%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper bisglycinate chelate)	1.8 mg	200%
Manganese (as manganese bisglycinate chelate)	5.8 mg	252%
Molybdenum (as sodium molybdate)	45 mcg	100%
Sodium	15 mg	1%
Daily Greens™ Blend: Spirulina, Kelp, Barley (grass), Blessed Thistle (stem, leaf, flower), Blue-Green Algae (<i>Spirulina</i> <i>Arthrospira</i> <i>Spirulina</i>), Chlorella	400 mg	**