



MC R 18

Dietary Supplement
30 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as *wm retinyl palmitate and 50% as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D3 (as *wm cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as *wm d-alpha-tocopheryl acetate)	20 mg	133%
Vitamin K (as phyloquinone)	40 mcg	33%
Thiamin (as thiamin mononitrate)	12 mg	1,000%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate	1,333 mcg DFE (800 mcg folic acid)	333%
Vitamin B ₁₂ (as methylcobalamin & cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic acid (as D-calcium pantothenate)	20 mg	400%
‡Iron (as ferrous fumarate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and as magnesium citrate)	100 mg	24%
Zinc (as zinc amino acid chelate)	15 mg	136%
Selenium (as selenium amino acid chelate)	140 mcg	255%
Copper (as copper amino acid chelate)	2 mg	222%
Manganese (as manganese amino acid chelate)	2 mg	87%
Chromium (as chromium amino acid chelate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

Other ingredients: Gelatin, magnesium stearate, silica, and microcrystalline cellulose.

*Denotes water miscible