



Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% DV	Amount Per Tablet	% DV
Vitamin A 750 mcg.	83%	Iodine 150 mcg	100%
(40% as beta-carotene)		Magnesium 50 mg.	12%
Vitamin C 60 mg	67%	Zinc 11 mg	100%
Vitamin D3 25 mcg (1000 IU)	125%	Selenium 19 mcg.	35%
Vitamin E 22.5 mg	150%	Copper 0.5 mg.	56%
Vitamin K 30 mcg	25%	Manganese 2.3 mg	100%
Thiamin 1.5 mg	125%	Chromium 50 mcg.	143%
Riboflavin 1.7 mg.	131%	Molybdenum 45 mcg.	100%
Niacin 20 mg.	125%	Chloride 72 mg	3%
Vitamin B6 3 mg	176%	Potassium 80 mg.	2%
Folate 680 mcg DFE.	170%		
(400 mcg folic acid)		Silicon 2 mg.	**
Vitamin B12 25 mcg.	1042%	Vanadium 10 mcg	**
Biotin 30 mcg	100%	Lutein 250 mcg	**
Pantothenic Acid 10 mg.	200%	Lycopene 300 mcg	**
Calcium 220 mg	17%		
Phosphorus 20 mg.	2%		

**Daily Value (DV) not established.

Ingredients

Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Microcrystalline Cellulose, dl-Alpha Tocopheryl Acetate, Maltodextrin, Starch, Contains 2% or less of: beta-carotene, biotin, carboxymethylcellulose sodium, cholecalciferol, chromium picolinate, cupric sulfate, cyanocobalamin, D-calcium pantothenate, DL-tartaric acid, FD&C blue no. 2 lake, FD&C red no. 40 lake, FD&C yellow no. 6 lake, folic acid, hydroxypropyl methylcellulose, lutein, lycopene, magnesium stearate, manganese sulfate, nicotinamide, phytonadione, polydextrose, polyethylene glycol, polyvinyl alcohol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, silica, sodium metavanadate, sodium molybdate, sodium selenite, talc, thiamine mononitrate, titanium dioxide (color), tricalcium phosphate, zinc oxide

Warnings

Keep out of the reach of children. Store at 15- 30C (59- 86F). Safety-sealed. Do not use if printed seal under cap is cut, torn, or missing. Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.