



**Recommended Use:** As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.

## Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

| Amount Per Serving                                                                                        | % Daily Value         | Amount Per Serving                                                | % Daily Value |
|-----------------------------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------|---------------|
| Vitamin A<br>(from Palmitate and Mixed Carotenoids)                                                       | 960 mcg RAE 107%      | Pantothenic Acid (as d-Calcium Pantothenate)                      | 12 mg 240%    |
| Vitamin C (as Ascorbic Acid)                                                                              | 500 mg 556%           | Iodine (as Potassium Iodide)                                      | 150 mcg 100%  |
| Vitamin D (as Cholecalciferol)                                                                            | 25 mcg (1000 IU) 125% | Zinc (as Zinc Bisglycinate Chelate)                               | 15 mg 136%    |
| Vitamin K (as K1 Phytonadione,<br>Vitamin K2 Menaquinone-4 and MenaQ7®<br>Full Spectrum MK-6, MK-7, MK-9) | 120 mcg 100%          | Selenium (as Selenium Glycinate Complex)                          | 200 mcg 364%  |
| Thiamin (Vitamin B-1)(as Thiamin HCl)                                                                     | 2.3 mg 192%           | Manganese<br>(as TRAACS® Manganese Bisglycinate Chelate)          | 1 mg 43%      |
| Riboflavin (Vitamin B-2)                                                                                  | 2.8 mg 215%           | Chromium<br>(as TRAACS® Chromium Nicotinate Glycinate Chelate)    | 200 mcg 571%  |
| Niacin (as Niacinamide and Niacin)                                                                        | 50 mg NE 313%         | Molybdenum<br>(as TRAACS® Molybdenum Glycinate Chelate)           | 100 mcg 222%  |
| Vitamin B-6 (as Pyridoxal-5-Phosphate)                                                                    | 5.2 mg 306%           |                                                                   |               |
| Folate (as Quatrefolic®<br>[6S]-5-methyltetrahydrofolate, glucosamine salt 800 mcg)                       | 680 mcg DFE 170%      | Vitamin E Isomers<br>(as DeltaGold® delta and gamma tocotrienols) | 15 mg *       |
| Vitamin B-12 (as Methylcobalamin)                                                                         | 500 mcg 20833%        | Boron (as Bororganic Glycine)                                     | 2 mg *        |
| Biotin (as d-Biotin)                                                                                      | 30 mcg 100%           |                                                                   |               |

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

