



Directions

As a dietary supplement, take 2 capsules daily with food or as directed by a healthcare professional.

Keep dry and at room temperature (59°-86°F [15°-30°C]).

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, soy, gluten, titanium dioxide.

*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.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene and mixed carotenoids)	1000 IU	20%
Vitamin C (as calcium ascorbate complex) Advan-C®	90 mg	150%
Vitamin D (as cholecalciferol, D3)	200 IU	50%
Thiamin (vitamin B1) (as thiamin HCl)	5 mg	333%
Riboflavin (vitamin B2)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B12 (as methylcobalamin)	40 mcg	667%
Biotin	2800 mcg	933%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	200%
Zinc (as zinc L-methionine) L-OptiZinc®	15 mg	100%
Selenium (as seleno L-methionine) Selenium SeLECT®	100 mcg	143%
Methylsulfonylmethane (MSM)	1000 mg	*
Branched Chain Amino Acids Complex L-leucine, L-isoleucine, L-valine	20 mg	*
Silica (from bamboo extract) [stem]	6 mg	*

*Daily value not established.

Other Ingredients: Gelatin.
Contains: Fish (Tilapia).

Selenium SeLECT

Selenium SeLECT® is a registered trademark of Sabinsa Corporation.



Advan-C® is a trademark of Nutraceutical Sciences Institute, Inc. U.S. Patent pending.

L-OptiZinc

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc.

Warnings

Pregnant or lactating women, those with diabetes, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Keep out of reach of children.