Suggested Use: As a dietary supplement take two (2) capsules daily with a meal.



WARNING: Do not use if you are under 18 years of age. If you have any medical condition or you are currently using prescription medications, please consult your physician before taking this or any other dietary supplements. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

IRON WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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## Supplement Facts

Serving Size: 2 Softgels Servings per Container: 30

Amount	Per Serving	%DV
Vitamin A (as Beta Carotene)	1500mcg RAE	115%
Vitamin C (as Calcium Ascorbate)	60 mg	50%
Vitamin D3 (as Cholecalciferol)	20mcg	133%
Vitamin E (as D-Alpha-Tocopheryl Acetal	te) 27mg	142%
Vitamin B1 (as Thiamine HCI)	5mg	357%
Vitamin B2 (as Riboflavin)	5mg	313%
Vitamin B3 (as Niacinamide)	20mg	111%
Vitamin B5 (as D-Calcium Pantothena	te) 8.8mg	126%
Vitamin B6 (as Pyridoxine HCI)	5mg	250%
Vitamin B9 (as Folic Acid) 1,333mcg	DFE (800mcg)	222%
Vitamin B12 (as Cyanocobalamin)	20mcg	714%
Calcium (as Carbonate)	46mg	4%
Iron (as Ferrous furnarate)	5mg	19%
Magnesium (as Oxide)	50mg	13%
Zinc (as Sulfate Monohydrate)	7.5mg	58%
Selenium (as Sodium Selenite)	110mcg	157%
Molybdenum (as Sodium Molybdate)	51mcg	102%
DHA (Docosahexaenoic Acid)	200mg	
Choline (as Bitartrate)	50mg	
EPA (Eicosapentaenoic Acid)	40mg	
Boron (as Sodium Tetraborate Decah	ydrate) 1mg	

Distributed by:



Daily Value (DV) Not Established

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