



Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 37

	Amount Per Serving	% Daily Value
Vitamin D3 (Cholecalciferol) (400 IU)	10 mcg	50%
Vitamin B12 (as Methylcobalamin)	400 mcg	16,666%
Iodine (as Potassium Iodide)	200 mcg	133%
Selenium (as L-Selenomethionine)	200 mcg	364%
Organic Kelp	500 mg	†
Organic Blue Flag root	330 mg	†
Myrrh Gum	120 mg	†
Organic Nettle herb	100 mg	†
Organic Ashwagandha root	100 mg	†
Organic Triphala Fruit Blend (Amla Fruit, Belleric myrobalan Fruit, Chebulic myrobalan Fruit)	80 mg	†
Organic Ginger root	20 mg	†

All Organic Herbs are Certified Organic

† Daily Value not established

Other Ingredients: Vegetable Capsule (cellulose)

Suggested Use: 1 to 2 vegi-capsules twice daily, with or without food, or as directed by your health care practitioner.