

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule with each meal.

Warning: Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.



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Dietary Supplement

90 CAPSULES

Supplement Facts

Serving size 1 capsule 3 capsules
Servings per container 90 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as vitamin A acetate and as 20% beta carotene)	500 mcg	56%	1,500 mcg	167%
Vitamin C (as ascorbic acid)	33 mg	37%	100 mg	111%
Vitamin D (as cholecalciferol) (D ₃)	8.3 mcg (333 IU)	42%	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopherol succinate)	6.6 mg	45%	20 mg	134%
Vitamin K (as vitamin K ₁)	30 mcg	25%	90 mcg	75%
Thiamin (as thiamin HCl) (B ₁)	3.3 mg	275%	10 mg	833%
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B ₂))	1.3 mg	100%	4 mg	308%
Niacin (as niacin and 75% niacinamide)	6.6 mg	41%	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl and 50% pyridoxal-5-phosphate (activated B ₆))	8.3 mg	488%	25 mg	1,471%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%	1,000 mcg DFE (600 mcg L-5-MTHF)	250%
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	333 mcg	13,875%	1,000 mcg	41,667%
Biotin	33 mcg	110%	100 mcg	333%

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

**†This statement has not been evaluated by the Food and
Drug Administration. This product is not intended to
diagnose, treat, cure, or prevent any disease.**

Pantothenic acid (as calcium pantothenate) (B ₅)	2 mg	40%	6 mg	120%
Choline (as choline bitartrate)	10 mg	2%	30 mg	5%
Calcium (as di-calcium malate) (DimaCal™)	50 mg	4%	150 mg	12%
Iodine (as potassium iodide)	50 mcg	33%	150 mcg	100%
Magnesium (as di-magnesium malate) (Albion™)	50 mg	12%	150 mg	36%
Zinc (as zinc picolinate)	5 mg	45%	15 mg	136%
Selenium (as selenomethionine)	23 mcg	42%	70 mcg	127%
Copper (as copper bis-glycinate)	0.3 mg	33%	1 mg	111%
Manganese (as manganese citrate)	0.8 mg	35%	2.5 mg	109%
Chromium (as chromium picolinate)	33 mcg	94%	100 mcg	286%
Vitamin K ₂ (menaquinone-7)	10 mcg	*	30 mcg	*
Inositol	10 mg	*	30 mg	*
*FloraGLO lutein	666 mcg	*	2 mg	*
5-LOXIN® Boswellia serrata extract (Indian frankincense) (Boswellia serrata extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	33 mg	*	100 mg	*
Tolerance® G Prolyl Endopeptidase	29,000 PPI	*	87,000 PPI	*

*Daily value (DV) not established

Tolerance® G is a trademark of DSM.

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