



Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

Amount Per Serving			Amount Per Serving		
% Daily Value			% Daily Value		
Vitamin A (as Mixed Carotenoids and Palmitate)	1500 mcg RAE	115%	Iodine (as Potassium Iodide)	200 mcg	69%
Vitamin C (as Ascorbic Acid)	400 mg	333%	Magnesium (as Di-Magnesium Malate)	80 mg	20%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	167%	Zinc (as Zinc Bisglycinate Chelate)	13 mg	100%
Vitamin K (as Vitamin K1 Phytonadione)	120 mcg	133%	Selenium (as Selenium Glycinate Complex)	200 mcg	286%
Thiamin (Vitamin B-1)(as Thiamin HCl)	1.4 mg	100%	Copper (as TRAACS® Copper Glycinate Chelate)	1.3 mg	100%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	1.6 mg	100%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.6 mg	100%
Niacin (Vitamin B-3)(as Niacinamide)	18 mg NE	100%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	45 mcg	100%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2 mg	100%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg	100%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	1360 mcg DFE	227%	Choline (as Choline Dihydrogen Citrate)	50 mg	9%
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	2.8 mcg	100%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg	*
Biotin (as d-Biotin)	35 mcg	100%			
Pantothenic Acid (as d-Calcium Pantothenate)	7 mg	100%			
Calcium (as DimaCal® Di-Calcium Malate)	140 mg	11%			
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	27 mg	100%			

*Daily Value not established.

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