

BLUEPRINT

B R Y A N J O H N S O N

ESSENTIAL CAPSULES

DIETARY SUPPLEMENT • 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 2 Veggie Capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (d-alpha-Tocopherol)	67 mg	447%
Thiamin (Vitamin B1) (as HCl)	1.1 mg	92%
Riboflavin (Vitamin B2)	1.4 mg	108%
Niacin (as Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxine HCl)	1.4 mg	82%
Folate (as Calcium L-5 Methyltetrahydrofolate)	200 mcg DFE	50%
Vitamin B12 (as Methylcobalamin)	125 mcg	5208%
Biotin	50 mcg	167%
Pantothenic Acid (as D-Calcium Pantothenate)	6 mg	120%
Calcium (from Carbonate and Dicalcium Phosphate)	50 mg	4%
Iodine (as Potassium Iodide)	200 mcg	133%
Zinc (as Bisglycinate)	15 mg	136%
Selenium (as L-Selenomethionine)	28 mcg	51%
Manganese (as Citrate)	1 mg	43%
Nicotinamide Riboside (as Chloride)	300 mg	†
Broccoli Seed Extract (Glucoraphanin 20 mg)	200 mg	†
Fisetin (from Stem of Smoketree Extract)	100 mg	†
Luteolin (from Bud of <i>S.japonica</i> Extract)	100 mg	†
Ubiquinol (as Reduced CoQ10)	50 mg	†
<i>Lactobacillus acidophilus</i> (4 Billion CFU)	20 mg	†
Spermidine (as Trihydrochloride)	10 mg	†
Boron (as Glycinate)	3 mg	†
Lithium (as Orotate)	1 mg	†

† Daily Value not established