



Supplement Facts

Serving Size 14 capsules (per day)	
Servings Per Container 35	
Amount Per Serving	
Vitamin A (as 90% Betatene® ¹ <i>D. salina</i> natural beta-carotene with mixed carotenoids and 10% acetate)	5000 IU
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	2000 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate and D-alpha tocopherol)	100 IU
Thiamine (vitamin B1) (as thiamine HCl)	125 mg
Riboflavin (vitamin B2) (with 2 mg riboflavin 5'-phosphate coenzyme)	50 mg
Niacin (vitamin B3) (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	190 mg
Vitamin B6 (as 100 mg pyridoxal 5'-phosphate coenzyme and 5 mg pyridoxine HCl)	105 mg
Folate [from lemon (<i>Citrus limon</i>) extract (peel)]	400 mcg
Vitamin B12 (as hydroxocobalamin acetate)	600 mcg
Biotin	3000 mcg
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	600 mg
Calcium (as calcium ascorbate, D-calcium pantothenate, Calcium D-Glucarate ²)	218 mg
Iodine (as potassium iodide)	150 mcg

Magnesium (as magnesium oxide, citrate, glycinate taurinate, arginate, ascorbate)	400 mg
Zinc (as OptiZinc® ³ zinc monomethionine, zinc succinate)	35 mg
Selenium [as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™ ⁴), 25% sodium selenite]	200 mcg
Copper (as TRAACS® ¹⁴ copper glycinate chelate)	1 mg
Manganese (as manganese gluconate)	1 mg
Chromium [as Crominex® ⁵ 3+ chromium stabilized with Capros® (<i>Phyllanthus emblica</i>) extract (fruit) and PrimaVie® Shilajit]	500 mcg
Molybdenum (as sodium molybdate)	125 mcg
Potassium (as potassium chloride)	37.4 mg
N-acetyl-L-cysteine (NAC)	600 mg
Taurine	200 mg
Inositol	250 mg
Phosphatidylcholine (from soy)	150 mg
Choline (as choline bitartrate)	120 mg
Boron (as boron citrate/aspartate/glycinate complex)	3 mg
Ascorbyl palmitate (fat-soluble vitamin C)	250 mg
Trimethylglycine (TMG) (as betaine anhydrous) (from sugar beets)	100 mg
Citrus bioflavonoid complex (<i>Citrus aurantium L.</i>) (peel and fruit) [std. to 50% hesperidin (100 mg)]	200 mg
Broccoli sprout concentrate (A proprietary blend of broccoli sprout concentrates and Calcium D-Glucarate ²) (providing glucosinolates, sulforaphane, D-3T, PEITC)	525 mg
Calcium D-Glucarate ²	200 mg
Decaffeinated green tea (<i>Camellia sinensis</i>) extract (leaf) [standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)]	325 mg
Acerola (<i>Malpighia puniceifolia</i>) extract 4:1 (berry)	300 mg
HiActives® ¹³ fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg
Wild blueberry (<i>Vaccinium angustifolium</i>) standardized anthocyanin extract (fruit)	150 mg
Milk thistle (<i>Silybum marianum</i>) extract (seeds) [std. to 85% silymarin (85 mg)]	100 mg
Maqui berry (<i>Aristotelia chilensis</i>) anthocyanin extract (fruit)	100 mg
Tart cherry (<i>Prunus cerasus</i>) proanthocyanidin extract (skin and pulp)	85 mg
POMELLA® ¹⁰ pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)]	85 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg
MirtoSelect® ¹² bilberry (<i>Vaccinium myrtillus</i>) extract (fruit)	30 mg
Leucoselect® ⁶ grape seed (<i>Vitis vinifera</i>) proanthocyanidin extract (seeds)	25 mg
BioVin® ⁷ grape (<i>Vitis vinifera</i>) proanthocyanidin extract (whole grapes)	25 mg
Bromelain (from pineapple) (<i>Ananas comosus</i>) (stem) (2400 gelatin digestive units per gram)	15 mg
Lutein [from marigold (<i>Tagetes erecta</i>) extract (flower)] (providing 465 mcg <i>trans</i> -zeaxanthin)	15 mg
Olive juice (<i>Olea europea</i>) extract (fresh fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	12.5 mg
Sesame seed (<i>Sesamum indicum</i>) lignan extract	10 mg
Luteolin [from Pureolin™ and SMART™ ⁸ (<i>Cynara cardunculus</i>) extract (leaf)]	8 mg
Lycopene [from Tomat-O-Red® ⁹ natural tomato extract (fruit)]	3 mg
Cyanidin-3-glucoside (C3G) [from black currant (<i>Ribes nigrum</i>) extract (fruit)]	1.25 mg
<i>trans</i> -Pterostilbene (from pTeroPure™ ¹¹)	0.5 mg

Other ingredients: gelatin, maltodextrin, microcrystalline cellulose, silica, vegetable stearate.
Contains soybeans.

1- Betatene® is a registered trademark of Cognis Nutrition and Health.
2- The use of Calcium D-Glucarate is licensed from Applied Food Sciences, LLC under U.S. Patent No. 5,561,160.
3- OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.
4- SelenoPure™ is a trademark of Nutrition 21.
5- Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.
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7- BioVin® is a registered trademark of Cyvex Nutrition.
8- Pureolin™ and SMART™ are trademarks of Pharma Science Nutrients, Inc., and are used here under license. All rights reserved worldwide.
9- Tomat-O-Red® is a registered trademark of Lycopodium LTD.

10- POMELLA® Extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc.
11- pTeroPure™ is a trademark of ChromaDex, Inc.
12- MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy.
13- HiActives® is a registered trademark of VDF FutureCeuticals, Inc.
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Dosage and Use

- Take fourteen capsules per day in divided doses with meals, or as recommended by a healthcare practitioner.

Caution

Temporary flushing, itching, rash, or gastric disturbances may occur. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin. Consult with your doctor before using this product if you are taking anticoagulant medications. Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. Individuals with in-born errors of copper metabolism (e.g. Wilson’s disease) should avoid daily, chronic use of this product.

Warnings

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
To report a serious adverse event or obtain product information, contact 1-866-280-2852.