Suggested Use: Take 2 capsules once daily, with meals, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Facts Supplement

Serving Size 2 Capsules Servings Per Container 60

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1)	50 mg	3,333%
(as thiamine HCI)		
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (Vitamin B-3)	50 mg	250%
(as niacinamide)		
Vitamin B-6	100 mg	5,000%
(as pyridoxine HCI)		
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667%
lodine (as potassium iodide)	190 mcg	127%
Magnesium (as magnesium oxide)	310 mg	78%
Zinc (as zinc picolinate)	25 mg	167%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as cupric oxide)	1.50 mg	75%
Manganese (as manganese sulfate)	10 mg	500%
Irish moss powder (dried plant)	75 mg	
	75 mg	
L-Tyrosine	100 mg	T

OTHER INGREDIENTS: RICE FLOUR, GELATIN, AND MAGNESIUM STEARATE. DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC. 3401 W. 37TH AVE. HOBART, IN 46342

