

Recommended Adult Dose: Take one tablet three times daily with meals, a few hours before or after taking other medication, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, yeast, gluten, soy, artificial coloring or flavoring or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

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V1.0 **130**

BARCODE LOCATION
883196 10580



GENESTRA BRANDS

GLY Forte

VITAMIN-MINERAL SUPPLEMENT

180 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings per Container 180

Each Tablet Contains		% DV	Each Tablet Contains		% DV
Vitamin A (vitamin A palmitate/ 50% beta-carotene)	1666.7 IU	33%	Choline (choline bitartrate)	16.7 mg	*
Vitamin C (ascorbic acid)	83.3 mg	139%	Inositol	4.2 mg	*
Thiamin (thiamin mononitrate)	16.7 mg	1113%	Betaine Hydrochloride	3 mg	*
Riboflavin	16.7 mg	982%	DL-Methionine	16.7 mg	*
Niacin (niacinamide)	135 mg	675%	L-Glycine	15 mg	*
Vitamin B ₆ (pyridoxine hydrochloride)	25 mg	1250%	L-Alanine	8 mg	*
Folic Acid	66.7 mcg	17%	L-Glutamic Acid	3 mg	*
Vitamin B ₁₂ (cyanocobalamin)	33.3 mcg	555%	Bovine (<i>Bos taurus</i>) Adrenal	10 mg	*
Biotin	16.7 mcg	6%	Bovine (<i>Bos taurus</i>) Pancreas	10 mg	*
Pantothenic Acid (calcium <i>d</i> -pantothenate)	83.3 mg	833%	Bovine (<i>Bos taurus</i>) Liver	10 mg	*
Calcium (calcium aspartate/calcium <i>d</i> -pantothenate)	10 mg	1%	Bovine (<i>Bos taurus</i>) Kidney	8 mg	*
Iodine (from kelp)	9 mcg	6%	Bovine (<i>Bos taurus</i>) Spleen	2 mg	*
Magnesium (magnesium aspartate/oxide)	8.3 mg	2%	Dandelion (<i>Taraxacum officinale</i>) Leaf	10 mg	*
Zinc (zinc aspartate)	2.5 mg	17%	Licorice (<i>Glycyrrhiza glabra</i>) Root	10 mg	*
Selenium (selenomethionine)	25 mcg	36%	Eleuthero (<i>Eleutherococcus senticosus</i>) Root/Rhizome	10 mg	*
Manganese (manganese aspartate)	3.3 mg	165%	Celandine (<i>Chelidonium majus</i>) Aerial Parts	2 mg	*
Chromium (chromium nicotinate)	37.5 mcg	31%			
Potassium (potassium aspartate)	9.2 mg	<1%			

* Daily Value (DV) not established

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin