



Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 3500 IU (43% as beta-carotene)	70%	Iodine 150 mcg	100%
Vitamin C 100 mg	167%	Magnesium 50 mg	13%
Vitamin D 800 IU	200%	Zinc 15 mg	100%
Vitamin E 35 IU	117%	Selenium 55 mcg	79%
Vitamin K 50 mcg	63%	Copper 0.5 mg	25%
Thiamin 1.1 mg	73%	Manganese 2.3 mg	115%
Riboflavin 1.1 mg	65%	Chromium 50 mcg	42%
Niacin 14 mg	70%	Molybdenum 50 mcg	67%
Vitamin B6 5 mg	250%	Chloride 72 mg	2%
Folic Acid 400 mcg	100%	Potassium 80 mg	2%
Vitamin B12 50 mcg	833%		
Biotin 30 mcg	10%	Boron 150 mcg	*
Pantothenic Acid 5 mg	50%	Nickel 5 mcg	*
Calcium 500 mg	50%	Silicon 2 mg	*
Iron 8 mg	44%	Vanadium 10 mcg	*
Phosphorus 20 mg	2%	Lutein 300 mcg	*
		*Daily Value (DV) not established.	

Ingredients

Adults - Take one tablet daily with food. Not formulated for use in children. Do not exceed suggested use.

Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Ascorbic Acid (Vit. C), Magnesium Oxide, Microcrystalline Cellulose, Acacia, D Alpha Tocopherol Acetate (Vitamin E), Polyvinyl Alcohol, Stearic Acid, Croscarmellose Sodium, Ferrous Fumarate, Zinc Oxide, Niacinamide, Talc, Titanium Dioxide, Calcium Silicate, Magnesium Stearate, Polyethylene Glycol, Manganese Sulfate, Silicon Dioxide, Pyridoxine Hydrochloride (Vit. B6), Calcium Pantothenate, Lecithin, Sodium Borate, Thiamin Mononitrate (Vit. B1), Cupric Sulfate, Riboflavin (Vit. B2), Beta-Carotene, FD&C Blue #2 Lake, Vitamin A Acetate (Vitamin A), Folic Acid, FD&C Red #40 Lake, Chromium Picolinate, Lutein, Potassium Iodide, Sodium Selenate, Sodium Molybdate, Phytonadione (Vitamin K1), Cyanocobalamin (Vit. B12), Sodium Metasilicate, Biotin, Nickel Sulfate, Sodium Metavanadate, Cholecalciferol (Vitamin D3)