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Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 20

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A	2,250 mcg	250%	Copper	1.5 mg	167%
(as natural beta-carotene)			(as copper glycinate chelate)		
Vitamin C	400 mg	44%	(as copper glycinate chelate)		
(as L-ascorbic acid)			Magnesium	2 mg	87%
Vitamin D	10 mcg (400 IU)	50%	(as manganese glycinate chelate)		
(as ergocalciferol)			Chromium	200 mcg	57%
Vitamin E	288 mg	178%	(as chromium nitrate glycinate chelate)		
(as D-alpha-tocopheryl succinate)			Sodium	50 mcg	11%
Vitamin K	20 mcg	17%	(as polysodium glycinate)		
(as phytylone)			Potassium	5 mg	<1%
(as thiam mononitrate)			(as potassium amino acid complex)		
Biotin	50 mcg	344%	Cholecalciferol Complex	100 mcg	
(as d-biotin)			Inositol	10 mg	
Niacin	50 mg	375%	Panthenol	7 mg	
(as nicotinic acid)			Coenzyme Q10	6 mg	
Vitamin B6	50 mg	241%	Pyridoxal-5-Phosphate	6 mg	
(as pyridoxine HCl)			Biotin-5-Phosphate	500 mcg	
Folate	1,333 mcg DFE	333%	(as boron amino acid complex)		
(800 mcg folic acid)			Dong Quai Extract (4:1)	25 mg	
(as pyridoxine HCl)			(root) (Angelica sinensis)		
Vitamin B12	200 mcg	8033%	One-List Extract (4:1)	25 mg	
(as methylcobalamin)			Chenopodium Extract (4:1)	25 mg	
Pantothenic Acid	80 mg	1600%	(Vitis aestivalis)		
(as Ca pantothenate)			American Ginseng Extract	25 mg	
Choline	100 mg	18%	(root) (Panax quinquefolius)		
(as choline bitartrate)			(standardized to contain 20% ginsenosides)		
(as calcium carbonate)			Milk Thistle Extract (4:1)	25 mg	
Glycine chelate (dilate)			(seed) (<i>Silybum marianum</i>)		
(as iron bisglycinate 1:1)			Black Cohosh Extract (4:1)	25 mg	
(as iron bisglycinate 1:1)			Root (Cimicifuga racemosa)		
Magnesium	100 mg	100%	One-List Extract (4:1)	25 mg	
(as magnesium citrate)			One-List Extract (4:1)	25 mg	
(as magnesium citrate, glycine chelate)			(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)		
Zinc	30 mg	273%			
(as zinc glycinate chelate)					
(as zinc chelate, food grade)					
Selenium	200 mcg	394%			
(as L-Selenomethionine)					

(as L-selenomethionine)

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

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TTT Not Genetically Modified. Soy From Nature

† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 are licensed by Abiron International, Inc.

† US Patent No.'s 6,706,904 and 6,716,814 are licensed by Alcon International, Inc.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.