



Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

	Amount Per Serving	%DV*		Amount Per Serving	%DV*
Vitamin A (as retinyl palmitate)	5000 IU	100%	Iodine (from atlantic kelp)	150 mcg	100%
Vitamin C (as ascorbic acid)	150 mg	250%	(Ascopyllum nodosum) (whole plant)		
Vitamin D (as cholecalciferol)	400 IU	100%	Magnesium (as magnesium oxide)	100 mg	25%
Vitamin E (as d-alpha tocopheryl acetate)	25 IU	83%	Zinc (as zinc gluconate)	0.7 mg	5%
Thiamin (vitamin B-1)(as thiamin HCl)	20 mg	1333%	Selenium (as sodium selenate)	10 mcg	14%
Riboflavin (vitamin B-2)	20 mg	1176%	Copper (as copper gluconate)	0.35 mg	17%
Niacin (as niacinamide)	20 mg	100%	Manganese (as manganese gluconate)	0.7 mg	35%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%	Chromium (as chromium amino acid chelate)	10 mcg	8%
Folate (as folic acid)	400 mcg	100%	Chloride (as potassium chloride)	90 mg	3%
Vitamin B-12 (as cyanocobalamin)	75 mcg	1250%	Potassium (as potassium chloride)	99 mg	3%
Biotin	300 mcg	100%			
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%	L-Lysine HCl	8 mg	**
Calcium (calcium carbonate, dicalcium phosphate)	46 mg	5%	L-Glutamic Acid	25 mcg	**
Phosphorus (as dicalcium phosphate)	36 mg	4%	Inositol	25 mcg	**
Iron (as ferrous gluconate)	5.8 mg	32%	Choline bitartrate	25 mcg	**

*% Daily Value **Daily Value not established

Other Ingredients: Microcrystalline cellulose, vegetable stearic acid, silicon dioxide, croscarmellose sodium, vegetable magnesium stearate, hypromellose, polydextrose, titanium dioxide, talc, dextrines, and medium chain fatty acids.

MW00017-04

Directions: Adults take one tablet daily as a dietary supplement. It is recommended to drink 8-10 glasses of water daily.

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