



RECOMMENDATION: Four tablets daily, or as otherwise directed.  
 Do not puncture inner seal.  
 If the inner seal is broken, do not use.

Supplement Facts

## FOUR TABLETS SUPPLY:

Vitamin A (as retinyl palmitate and 75% as beta-carotene)	4,000 IU
Vitamin C (as ascorbic acid and 13% as ascorbyl palmitate)	200 mg
Vitamin D (as cholecalciferol)	800 IU
Vitamin E (as d-alpha-tocopheryl succinate)	100 IU
Thiamin (as thiamin pyrophosphate)	1.5 mg
Riboflavin (as riboflavin-5-phosphate)	2 mg
Niacin (as niacinamide and 20% as niacin**)	25 mg
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg
Folate (as folic acid)***	600 mcg
Vitamin B12 (as cyanocobalamin)	10 mcg
Biotin	500 mcg
Pantothenic acid (as D-calcium pantothenate)	15 mg
Calcium (50% from calcium glycerophosphate, 40% from raw bone, 10% from calcium orotate)	200 mg
Phosphorus (72% from calcium glycerophosphate, 28% from raw bone)	107 mg
Iodine (from kelp ( <i>Ascophyllum nodosum</i> ))	150 mcg
Magnesium (71% from magnesium glycinate, 17% from magnesium aspartate, 12% from magnesium gluconate)	210 mg
Zinc (as zinc monomethionine)	20 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper aspartate)	3 mg
Manganese (as manganese aspartate)	3 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as sodium molybdate)	100 mcg
Potassium (as potassium aspartate)	20 mg
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Coenzyme Q-10	5 mg
L-Histidine (as L-histidine HCl)	20 mg
L-Carnitine (as L-carnitine tartrate)	25 mg
L-Methionine	100 mg
L-Lysine HCl	100 mg
L-Phenylalanine	50 mg
L-Threonine	50 mg
<b>Taurine</b>	100 mg
Pantethine	15 mg
Choline (as choline bitartrate)	50 mg
Inositol	50 mg
Vanadium (as BMOV)	40 mcg
Boron (as calcium borogluconate)	3 mg
<b>Hesperidin</b>	100 mg
<b>Rutin</b>	100 mg

Other ingredients: Calcium carbonate, croscarmellose sodium, stearic acid, dextrose, silica, magnesium stearate and pharmaceutical glaze.

This product contains no salt, artificial flavors, color, wheat, yeast, or milk derivatives.

\*\*CAUTION: Transient flushing and feeling of warmth might be associated with the ingestion of niacin-containing products.

\*\*\*The safe upper limit of daily intake is 1,000 mcg of folate.