

Recommendation: Take 3 tablets daily, preferably with food. Increase fluid intake during use. **Caution:** If you are pregnant, nursing, have a blood clotting disorder, have kidney dysfunction or taking any medications, consult a healthcare professional before use. Contains the amino acid phenylalanine. Do not exceed recommended use.

Supplement Facts

Serving Size 3 Tablets | Servings Per Container 30

Amount Per Serving	% DV
Calories	10
Total Carbohydrate	1 g <1%
Dietary Fiber	<1 g 4%
Vitamin A (70% (7,700 IU) as beta-carotene, 30% (3,000 IU) as retinyl acetate)	10,000 IU 200%
Vitamin C (ascorbic acid)	300 mg 500%
Vitamin D3 (as cholecalciferol)	1,000 IU 250%
Vitamin E (as alpha-tocopheryl succinate)	100 IU 25%
Vitamin K1 (as phytylmenadione)	100 mcg 333%
Thiamin (Vitamin B1)	25 mg 1,667%
Riboflavin (Vitamin B2)	25 mg 1,471%
Niacin (as nicotinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)(pyridoxal 5-phosphate)	100 mg 5,000%
Folic Acid	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	675 mcg 3,750%
Biotin	600 mcg 200%
Pantothenic Acid (as D-calcium pantothenate)	50 mg 500%
Calcium from Aquamin® (calcified mineral source Red Algae Lithothamnion sp. (whole plant))	400 mg 40%
Iodine (as potassium iodide)	15 mg 100%
Iron (as pyruosum oxide and from kelp powder)	18 mg 102%
Magnesium (as magnesium citrate, magnesium oxide, and from Aquamin® (calcified mineral source Red Algae Lithothamnion sp. (whole plant))	200 mg 50%
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	250 mcg 567%
Copper (as copper bisglycinate chelate)	2 mg 100%
Manganese (as manganese bisglycinate chelate)	5 mg 250%
Molybdenum (as sodium molybdate)	75 mcg 100%
Sodium	5 mg <1%
Potassium (as potassium citrate)	50 mg 1%
Daily Servings* Based providing Amino Acids	400 mg **
Spirulina, Kelp, Mollusks, Red Seaweed, Green Seaweed, Bileweed	
Thistle Seed, Alfalfa, Lentil, Sun Green Algae, Aphanizomenon	
Alga-quick, Chlorella, Chlorella (dried), Dandelion (dried), Lemon Balm (dried), Lemon Grass (dried), Nettie (dried), Plantain (dried)	