



Tablets

Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 57

| Nutrient | Amount Per Serving | % DV |
|---|--------------------|-------|
| Vitamin A (as retinyl palmitate) | 1536 IU | 30% |
| Vitamin C (as ascorbic acid) | 160 mg | 270% |
| Vitamin D (as cholecalciferol) | 384 IU | 100% |
| Vitamin E (as d-alpha tocopheryl succinate) | 96 IU | 320% |
| Thiamine (as thiamine mononitrate) | 4.8 mg | 320% |
| Riboflavin | 3.6 mg | 210% |
| Niacin (as niacinamide) | 24 mg | 120% |
| Vitamin B ₆ (as pyridoxine hydrochloride) | 9.6 mg | 480% |
| Folic acid | 384 mcg | 100% |
| Vitamin B ₁₂ (as cyanocobalamin) | 240 mcg | 4000% |
| Biotin | 288 mcg | 100% |
| Pantothenic acid (as d-calcium pantothenate) | 5.8 mg | 60% |
| Calcium (as dibasic calcium phosphate) | 352 mg | 35% |
| Iron (as iron fumarate) | 3.7 mg | 20% |
| Phosphorus (as dibasic calcium phosphate) | 224 mg | 20% |
| Iodine (from Pacific kelp) | 54.4 mcg | 40% |
| Magnesium (as magnesium oxide) | 160 mg | 40% |
| Zinc (as zinc oxide) | 12.8 mg | 90% |
| Selenium (as sodium selenite) | 54.4 mcg | 80% |
| Copper (as copper sulphate) | 1.9 mg | 100% |
| Manganese (as manganese carbonate) | 2.6 mg | 130% |
| Chromium (as chromium chloride) | 166.4 mcg | 140% |
| Molybdenum (as sodium molybdate) | 38.4 mcg | 50% |
| Potassium (as potassium chloride) | 64 mg | 2% |
| Proprietary Blend | 444.1 mg | ** |
| choline bitartrate, DL-phenylalanine, citrus bioflavonoids, myo-inositol, L-glutamine, L-methionine, grape seed extract, ginkgo biloba (leaf), germanium sesquioxide, boron (as boric acid), vanadium (as sodium metavanadate), nickel sulphate | | |
| ** Daily Value (%DV) not established | | |

Other Ingredients: silicon, magnesium stearate, stearic acid, vanilla, peppermint.