

Suggested Use: Adults take 2 tablets daily with a beverage. May be taken anytime of day, even on an empty stomach.

Supplement Facts

Serving size 2 tablets

Servings per container 30

Amount per serving	% DV
Vitamin A (as beta carotene) 360 mcg RAE	40%
Vitamin C (as ascorbic acid) 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 25 mcg	125%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 14.7 mg	98%
Thiamin (as thiamine hydrochloride) 2 mg	167%
Riboflavin (as riboflavin 5'-phosphate sodium) 2.6 mg	200%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 340 mcg DFE (200 mcg L-5-MTHF)	85%
Vitamin B12 (as methylcobalamin) 20 mcg	833%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 8 mg	160%
Choline (as choline bitartrate) 200 mg	36%
Iodine (as fermented iodine glycinate) 50 mcg	33%
Zinc (as zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 50 mcg	91%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
Chromium (as fermented chromium glycinate, nicotinate, glutamate) 120 mcg	343%
Molybdenum (as fermented molybdenum bisglycinate) 60 mcg	133%
Green Tea Leaf Extract 250 mg	**
* Food Blend 264 mg	**
Organic brown rice, organic orange, carrot, organic broccoli	

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), rice protein, silicon dioxide, stearic acid, gum acacia, autolyzed yeast extract, hypromellose.



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