

Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Vitamin A (as beta carotene) 338 mcg RAE	38%
Vitamin C (as ascorbic acid) 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 12 mg	80%
Vitamin K (as phytonadione) 15 mcg	13%
Thiamin (as thiamine hydrochloride) 4 mg	333%
Riboflavin (as riboflavin) 3 mg	231%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 3 mg	176%
Folate (as folic acid) 680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin) 15 mcg	625%
Biotin (as biotin) 80 mcg	267%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as fermented zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 14 mcg	25%
Copper (as fermented copper bisglycinate) 0.3 mg	33%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 40 mcg	89%
Boron (as fermented boron glycinate) 500 mcg	**

***Food & Herb Blend** 260 mg **

Organic brown rice, organic orange, carrot, organic ashwagandha root, organic eleuthero root, organic astragalus root, organic ginkgo leaf, organic hawthorne fruit, organic broccoli, organic schisandra fruit, organic nettle leaf, organic turmeric root, organic ginger root, organic dandelion root, organic dandelion leaf, organic oregano leaf, organic cranberry, organic blueberry, cabbage, organic shiitake mushroom mycelium

** % Daily Value (DV) not established

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, stearic acid, rice protein, autolyzed yeast extract, tapioca food starch, hypromellose.



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