

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) 11 mg	73%
Vitamin K (as phytonadione) 30 mcg	25%
Thiamin (as thiamine hydrochloride) 3 mg	250%
Riboflavin (as riboflavin) 2 mg	154%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 4 mg	235%
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (d-calcium pantothenate) 10 mg	200%
Iron (as fermented iron bisglycinate) 4.5 mg	25%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as fermented zinc bisglycinate) 14 mg	127%
Selenium (as fermented selenium glycinate) 15 mcg	27%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 30 mcg	67%

Boron (as fermented boron glycinate) 500 mcg **

***Food & Herb Blend** 263 mg **

Organic brown rice, organic orange, carrot, organic chaste tree berry, organic astragalus root, organic eleuthero root, organic ashwagandha root, organic ginkgo leaf, organic hawthorn fruit, organic holy basil leaf, organic schisandra berry, organic turmeric root, organic ginger root, organic nettle leaf, organic broccoli, organic cranberry, cabbage, organic blueberry, organic shiitake mushroom mycelium.

** % Daily Value (DV) not established

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



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