

Supplement Facts		
Serving Size: 4 capsules		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate natural mixed carotenoids)	5,000 IU	100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg	500%
Vitamin D (as ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU	667%
Vitamin K (as phytonadione)	50 mcg	63%
Thiamin (vitamin B-1)(as thiamine HCl, thiamine cocarboxylase)	25 mg	1,667%
Riboflavin (vitamin B-2)(as riboflavin, riboflavin 5' phosphate)	25 mg	1,470%
Niacin (as niacinamide, niacin, inositol hexanicotinate)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl, pyridoxal 5' phosphate)	50 mg	2,500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as dibenzozide)	500 mcg	8,333%
d-Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	50 mg	500%
Calcium (as calcium hydroxyapatite, ascorbate, citrate)	100 mg	10%
Iron (as ferrous succinate)	9 mg	50%
Phosphorus (as calcium hydroxyapatite)	28 mg	3%
Iodine (as kelp)	100 mcg	67%
Magnesium (as magnesium rice chelate)	100 mg	25%
Zinc (as zinc monomethionine)	20 mg	133%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as copper citrate)	500 mcg	25%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as molybdenum citrate)	50 mcg	67%
Potassium (as potassium citrate)	99 mg	3%
Taurine (free form)	100 mg	*
L-Methionine (free form)	100 mg	*
L-Lysine (as L-lysine HCl)	100 mg	*
Inositol (as inositol, inositol hexanicotinate)	50 mg	*
PABA (para-aminobenzoic acid)	30 mg	*
Rutin	25 mg	*
Citrus Bioflavonoid Complex <b>providing:</b>		
Lemon Bioflavonoids	15.8 mg	*
Orange Bioflavonoids	3.9 mg	*
Grapefruit Bioflavonoids	3.9 mg	*
Hesperidin	2.6 mg	*
Eriocitrin	1.3 mg	*
Choline (from 50 mg choline bitartrate)	23 mg	*
Enzyme Blend (Aspergillus niger, Aspergillus oryzae)	20 mg	*
<b>providing:</b>		
Protease	618 H.U.	*
Amylase	212 D.U.	*
Lipase	2.2 L.U.	*
Cellulose	2.5 C.U.	*
Lactase	93.8 Lac.U	*
Organic Aloe Vera (ACTIValoe)	40 mg	*
Betaine (from 20 mg betaine HCl)	15.2 mg	*
Phytase	20 P.H.U	*
Trace Mineral Complex	2 mg	*
Boron (as boron citrate)	1 mg	*
Vanadium (as BGOV [bis-glycinato oxovanadium])	1 mg	*
* Daily Value not established. †Country Life always labels their minerals in elemental weight. H.U-Heamoglobin Units D.U-Dextrinizing Units L.U-Lipase Units C.U-Cellulase Units Lac.U.-Lactase Units P.H.U-Phytase Units		

**Other Ingredients**

Cellulose (capsule shell), cellulose, magnesium stearate, silica.  
No: Wheat, soy, gluten, milk preservatives or artificial color.