

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) 180 mcg RAE	20%
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) 10 mg	67%
Vitamin K (as phytonadione) 32 mcg	27%
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) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 15 mcg	625%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iodine (as fermented iodine glycinate) 60 mcg	40%
Zinc (as fermented zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 32 mcg	58%
Copper (as fermented copper bisglycinate) 0.1 mg	11%
Manganese (as fermented manganese bisglycinate) 1 mg	43%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Molybdenum (as fermented molybdenum bisglycinate) 20 mcg	44%
Boron (as fermented boron glycinate) 500 mcg	**
*Food & Herb Blend 238 mg	**
Organic brown rice, organic orange, organic eleuthero root, fo-ti root, organic astragalus root, carrot, organic ginger root, organic nettle leaf, organic schisandra fruit, organic broccoli head, organic dandelion leaf, organic dandelion root, organic shitake mushroom mycelium, organic blueberry	

** % Daily Value (DV) not established

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