

SUPPLEMENT FACTS

Serving Size: One (1) tablet

Serving per container: 90

Amount Per Serving

INGREDIENTS	POTENCY	DV(%)
Vitamin A (Beta Carotene)	10,000 IU	200
Vitamin D	400 IU	100
Vitamin B1 (Thiamine HCl)	30 mg	2000
Vitamin B2 (Riboflavin)	20 mg	1176
Vitamin B6 (Pyridoxine HCl)	30 mg	1500
Vitamin B12 (Cobalamin)	100 mcg	1667
Vitamin C (Ascorbic Acid)	200 mg	337
Vitamin E (d-Alpha tocopheryl)	50 IU	167
Niacinamide	100 mg	500
Pantothenic Acid (d-Ca Pantothenate)	50 mg	500
Folic Acid	400 mcg	100
d-Biotin	50 mcg	16.7
Inositol	25 mg	*
PABA (Para Amino Benzoic Acid)	25 mg	*
Bioflavonoid Complex	10 mg	*
Hesperidin Complex	5 mg	*
Iodine (Potassium Iodine)	150 mcg	100
Calcium (DiCal Phosphate)	30 mg	3
Phosphorus	23 mg	2.3
Iron (Ferrous Fumarate)	18 mg	100
Magnesium (Oxide)	12 mg	3
Potassium (Chloride)	10 mg	*
Manganese (Sulfate)	4 mg	*
Zinc (Sulfate)	15 mg	100
Copper (Sulfate)	1 mg	50
Selenium (Proteinates)	10 mcg	*
Chromium (GTF Picolinate)	25 mcg	*

* Daily Value (DV) not established

DV based on a 2000 calorie diet