

# Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	%Daily Value	%Daily Value
<b>Vitamins &amp; Minerals</b>			
Vitamin A (as natural beta-carotene)	5,000 IU		100
Vitamin C (as L-ascorbic acid)	100 mg		167
Vitamin D <sub>3</sub> (as cholecalciferol)	400 IU		100
Vitamin E (as d-alpha tocopherol succinate)	30 IU		100
Vitamin B <sub>1</sub> (as thiamin mononitrate)	5 mg		333
Vitamin B <sub>2</sub> (as riboflavin)	5 mg		294
Vitamin B <sub>3</sub> (as niacinamide)	20 mg		100
Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg		250
Folate (as folic acid)	400 mcg		100
Vitamin B <sub>12</sub> (as methylcobalamin, cyanocobalamin)	24 mcg		400
Biotin	100 mcg		33
Pantothenic Acid (as calcium D-pantothenate)	20 mg		200
Calcium (as citrate, carbonate)	100 mg		10
Iodine (as potassium iodide)	75 mcg		50
Magnesium (as aspartate)	50 mg		12
Zinc (as picolinate)	5 mg		33
Selenium (as selenomethionine)	25 mcg		36
Copper (as histidinate)	500 mcg		25
Manganese (as gluconate)	1 mg		50
Chromium (as picolinate)	100 mcg		83
Molybdenum (as glycinate chelate)	10 mcg		13
Potassium (as citrate)	50 mg		1
Choline Bitartrate	10 mg		*
Inositol	10 mg		*
PABA (para-aminobenzoic acid)	10 mg		*
Phytonutrient Sprouts (from broccoli, celery, watercress, kale, mustard and cabbage sprouts)	50 mg		*
<b>Super Fruit Antioxidants</b>			
Pomegranate Extract (providing polyphenols, punicalagins, ellagic acid)	12.5 mg		*
Tomato Extract (as lycopene)	5 mg		*
<b>Plant Source Nutrients</b>			
Spirulina	150 mg		*
Chlorella	50 mg		*
Citrus Bioflavonoids	50 mg		*
Flax Seed Powder	50 mg		*
Evening Primrose Oil Powder	50 mg		*
RNA	20 mg		*
Quercetin	10 mg		*
Rutin	10 mg		*
Chlorophyll	10 mg		*
DNA	6 mg		*
Hesperidin	5 mg		*
<b>Plant Source Enzymes</b>			
Bromelain (from pineapple) (2000 GDU/gram)	25 mg		*
Papain (from papaya)	25 mg		*
Amylase	2.5 mg		*
Cellulase	2.5 mg		*
Glucoamylase	2.5 mg		*
Lipase	2.5 mg		*
Protease	2.5 mg		*
<b>Herbs</b>			
Astragalus Root Extract	2.5 mg		*
Garlic Extract	2.5 mg		*
Ginger Root Extract	2.5 mg		*
Ginkgo Biloba Leaf Extract	2.5 mg		*
Horsetail Powder	2.5 mg		*
Panax Ginseng Root Extract	2.5 mg		*

\* Daily Value not established

Other Ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable glaze.

**Contains: Soybeans**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of yeast, gluten, barley and sugar.