

| Ingredient | Amount/Serving | Daily |
|--|----------------|-------|
| Vitamin C (as ascorbic acid) | 30 mg | 50% |
| Vitamin E (as d-alpha tocopherol acetate) | 3.5 IU | 12% |
| Thiamin (Vitamin B1) (as Thiamin HCl) | 0.7 mg | 47% |
| Riboflavin (Vitamin B2) | 0.8 mg | 47% |
| Vitamin B6 (as Pyridoxine HCl) | 1 mg | 50% |
| Folic Acid | 100 mcg | 25% |
| Vitamin B12 (as Cyanocobalamin) | 0.5 mcg | 8% |
| Biotin | 75 mcg | 25% |
| Zinc (from Zinc acetate) | 2.5 mg | 17% |
| Chromium (from Chromium chloride) | 25 mcg | 21% |
| Polyphenols from (Hintonia latiflora) Bark Extract (2-4:1) | 20 mg | ** |

**Daily Value (DV) Not Established.

Other Ingredients: gelatin, calcium phosphate, magnesium stearate, titanium dioxide, silicon dioxide, glycerol stearate, mannitol, cellulose, corn starch.

No: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial flavoring, or artificial preservatives.

Recommendations: 1 capsule, twice daily. May increase to 1 capsule, three times daily for advanced support.

NON-GMO