

SUPPLEMENT FACTS

Serving size: 3 Tablets

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (from natural mixed tocopherols)	30 IU	100%
Vitamin B1 (as thiamin mononitrate)	10 mg	667%
Vitamin B2 (as riboflavin)	10 mg	558%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	16 mcg	267%
Biotin	1500 mcg	500%
Pantothenic Acid (as calcium pantothenate)	30 mg	300%
Calcium (as calcium carbonate)	600 mg	60%
Iron (as amino acid chelate)	6 mg	33%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as amino acid chelate)	25 mcg	33%
Manganese (as amino acid chelate)	10 mg	500%
Phosphorous (as dicalcium phosphate)	300 mg	30%

* Horsetail Herb Extract (standardized for 5 mg Silica) 71 mg; Gelatin 250 mg; Choline (as Choline bitartrate) 150 mg; Cysteine 150 mg; Methionine 100 mg; Oat Straw 75 mg; *Echinacea angustifolia* leaf 75 mg; Inositol 60 mg; RNA (ribonucleic acid) 60 mg; Betaine (as betaine hydrochloride) 50 mg; *para*-Aminobenzoic acid 50 mg; Citrus Bioflavonoids 50 mg; Papain 50 mg; Asparagus shoot 50 mg; Rutin 25 mg

* Daily Value not established

Other ingredients:

Dicalcium phosphate, stearic acid, magnesium stearate and silica.