

Supplement Facts

Serving size 3 tablets

Servings per container 25

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	200 IU	50%
Vitamin E (from natural mixed tocopherols)	30 IU	100%
Thiamin (Vitamin B1) (as thiamine mononitrate)	10 mg	667%
Riboflavin (Vitamin B2)	10 mg	588%
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 d-calcium pantothenate)	30 mg	300%
Calcium (as dicalcium phosphate and calcium carbonate)	600 mg	60%
Iron (as ferrous bisglycinate chelate)	6 mg	33%
Phosphorus (as dicalcium phosphate)	300 mg	30%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	25 mg	167%
Selenium (as selenium amino acid complex)	25 mcg	36%
Manganese (as manganese glycinate chelate)	10 mg	500%
Choline (as choline bitartrate)	150 mg	†
Inositol	60 mg	†
<i>para</i> -Aminobenzoic acid	50 mg	†
Hair, Skin & Nails Blend	761 mg	†
N-Acetyl Cysteine, Horsetail leaf extract (standardized for 5 mg silica), Oat Straw (aerial part), Ribonucleic acid (RNA), Citrus Bioflavonoids, Betaine hydrochloride, Rutin, Saw Palmetto berry, Eleuthero root extract, Korean (<i>Panax</i>) Ginseng root extract, Smilax root extract, Gelatin		

† Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silica, hydroxypropyl methylcellulose, polyethylene glycol.

Contains soy.