

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving		%DV
Calories	5	
Total Carbohydrate	2g	1%*
Dietary Fiber	1g	4%*
Vitamin A (as Palmitate)	750mcg RAE	83%
Vitamin C (as Ascorbic Acid)	175mg	194%
Vitamin D (as Cholecalciferol)	25mcg	125%
Vitamin E (as d-Alpha Tocopherol Acid Succinate)	6.7mg	45%
Thiamin (Thiamin HCl) [Vitamin B1]	10mg	833%
Riboflavin [Vitamin B2]	8mg	615%
Niacin	18mg NE	113%
Vitamin B6 (as Pyridoxine HCl)	13mg	765%
Folate (as 400mcg of Folic Acid)	667mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	40mcg	1667%
Biotin	120mcg	400%
Pantothenic Acid (as d-Calcium Pantothenate)	25mg	500%
Magnesium (from CTM)	70mg	17%
Zinc (as Zinc Citrate)	10mg	91%
Selenium (as Selenium Amino Acid Chelate)	5mcg	9%
Chromium (as Chromium Amino Acid Chelate)	15mcg	43%
Chloride (from CTM, Sodium Chloride)	350mg	15%
Sodium (as Sodium Chloride)	35mg	2%
Potassium (as Potassium Citrate)	60mg	1%
ConcenTrace® Trace Minerals (CTM)	566mg	**

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%DV

Herbal Blend	308mg	**
Borage (<i>Borago officinalis</i>) Seed Oil, Valerian (<i>Valeriana officinalis</i>) Root Extract, Wood Betony (<i>Stachys officinalis</i> , <i>Betonica officinalis</i>) Whole, Cayenne (<i>Capsicum annuum</i>) Fruit, Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract, Hops (<i>Humulus lupulus</i>) Flower Extract, Chamomile (<i>Matricaria recutita</i>) Flower Extract, Skullcap (<i>Scutellaria lateriflora</i>) Leaf Extract.		
Food/Enzyme Concentrate Complex	151mg	**
Rice (<i>Oryza sativa</i>) Bran, Organic Kelp (<i>Ascophyllum nodosum</i>) Whole, Citrus Bioflavonoid Complex, Alfalfa (<i>Medicago sativa</i>) Whole, Spirulina (<i>Arthrospira platensis</i>), Cellulase, Amylase, Lipase, Protease.		
Sulfate (from CTM)	20mg	**
PABA (Para-Aminobenzoic Acid)	7mg	**
Boron (as Boron Citrate)	0.6mg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, hydroxypropyl methyl cellulose (HPMC), silicon dioxide.