

**Suggested Use:** Adults take 2 tablets daily with a beverage. May be taken any time of day, even on an empty stomach.

# Supplement Facts

**Serving size 2 tablets**

**Servings per container 30**

<b>Amount per serving</b>	<b>% DV</b>
Vitamin A (as beta carotene) 600 mcg RAE	67%
Vitamin C (as ascorbic acid) 200 mg	222%
Vitamin D3 (as fermented cholecalciferol) 20 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 33 mg	220%
Vitamin K (as phytonadione) 120 mcg	100%
Thiamin (as thiamine hydrochloride) 1.8 mg	150%
Riboflavin (as riboflavin 5'-phosphate sodium) 2.1 mg	162%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 170 mcg DFE (100 mcg L-5-MTHF)	43%
Vitamin B12 (as methylcobalamin) 12 mcg	500%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 8 mg	160%
Choline (as choline bitartrate) 200 mg	36%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as zinc bisglycinate) 22.5 mg	205%
Selenium (as fermented selenium glycinate) 70 mcg	127%
Copper (as fermented copper bisglycinate) 0.2 mg	22%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 120 mcg	343%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Vitamin K2 (as menaquinone-7) 40 mcg	**
* <b>Food Blend</b> 470 mg	**
Organic brown rice, organic orange, carrot, cabbage, organic broccoli	

\*\* % Daily Value (DV) not established

**Other Ingredients:** Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, rice protein, stearic acid, gum acacia, autolyzed yeast extract, hypromellose.



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