

**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

Amount per serving	% DV
Vitamin A (as beta carotene) 600 mcg RAE	67%
Vitamin C (as ascorbic acid) 100 mg	111%
Vitamin D3 (as fermented cholecalciferol) 20 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	133%
Vitamin K (as phytonadione) 120 mcg	100%
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin 5'-phosphate sodium) 1.7 mg	131%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate) 6 mg	353%
Folate (as calcium L-5-methyltetrahydrofolate) 680 mcg DFE (400 mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin) 10 mcg	417%
Biotin (as biotin) 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Choline (as choline bitartrate) 200 mg	36%
Iron (as fermented iron bisglycinate) 15 mg	83%
Iodine (as fermented iodine glycinate) 150 mcg	100%
Zinc (as zinc bisglycinate) 15 mg	136%
Selenium (as fermented selenium glycinate) 50 mcg	91%
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) 100 mcg	286%
Molybdenum (as fermented molybdenum bisglycinate) 55 mcg	122%
Vitamin K2 (as menaquinone-7) 40 mcg	**
* <b>Food Blend</b> 315 mg	**
Organic brown rice, organic orange, carrot, organic broccoli, cabbage	

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

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



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