

**Suggested Use:** Adults take 1 tablet daily with a beverage.  
May be taken any time of day, even on an empty stomach.

## Supplement Facts

**Serving size 1 tablet Servings per container 60**

Amount per serving	% DV
Vitamin A (as beta carotene) 370 mcg RAE	41%
Vitamin C (as ascorbic acid) 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 10 mg	67%
Vitamin K (as phytonadione) 75 mcg	63%
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 4 mg	235%
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iron (as fermented iron bisglycinate) 9 mg	50%
Iodine (as fermented iodine glycinate) 100 mcg	67%
Zinc (as fermented zinc bisglycinate) 9 mg	82%
Selenium (as fermented selenium glycinate) 18 mcg	33%
Copper (as fermented copper bisglycinate) 0.04 mg	4%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Molybdenum (as fermented molybdenum bisglycinate) 37 mcg	82%
Boron (as fermented boron glycinate) 500 mcg	**

**\*Food & Herb Blend 259 mg** \*\*

Organic brown rice, organic orange, carrot, organic chaste tree fruit, organic astragalus root, organic eleuthero root, organic cranberry, organic ashwagandha root, organic ginger root, organic nettle leaf, organic schisandra fruit, organic broccoli head, organic blueberry, cabbage head, organic dandelion leaf, organic dandelion root, organic red raspberry leaf, organic rosemary leaf, organic horsetail leaf, organic shiitake mushroom

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

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



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**Corporation**