

Supplement Facts for Tablet		
Serving Size: 3 tablets		
	Amount	%DV
Calories	10	
Total Carbohydrates	2 g	<1%
Vitamin A (as <i>beta</i> carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid & magnesium ascorbate)	50 mg	83%
Vitamin D-3 (as cholecalciferol)	200 IU	50%
Thiamin (vitamin B-1)	30 mg	2,000%
Riboflavin (vitamin B-2)	30 mg	1,764%
Niacin 37.5 mg & Niacinamide 12.5 mg	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	40 mg	2,000%
Folate (as folic acid)	200 mcg	50%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	500%
Magnesium (as magnesium malate, oxide & ascorbate)	300 mg	75%
Zinc (as zinc citrate & monomethionine [OptiZinc®])	15 mg	100%
Selenium (as L-selenomethionine & sodium selenite)	100 mcg	143%
Copper (as copper sebacate)	1 mg	50%
Manganese (as manganese citrate)	12 mg	600%
Chromium (as chromium polynicotinate [ChromeMate®])	100 mcg	83%
Molybdenum (as molybdenum chelate)	90 mcg	120%
Sodium	10 mg	1%
Malic Acid (as malic acid & magnesium malate)	1.2 g	†
MSM (methylsulfonylmethane [OptiMSM™])	1.12 g	†
Hops Aerial Parts Extract (Perluxan™) Yielding 60 mg Humulex™ <i>alpha</i> -acids	200 mg	†
GABA (<i>gamma</i> -aminobutyric acid)	150 mg	†
<i>N</i> -Acetyl Cysteine	75 mg	†
Silymarin (from milk thistle seed extract)	70 mg	†
Ginkgo Leaf Extract (50:1) 24% Flavoneglycosides	60 mg	†
Dandelion Root Extract (4:1)	50 mg	†
Dandelion Root	50 mg	†
<i>alpha</i> -Lipoic Acid	50 mg	†
Bupleurum Root Extract (5% saikosaponins)	30 mg	†
Panax Ginseng Root Extract (8% ginsenosides)	25 mg	†
Kudzu Root	15 mg	†
Astragalus Extract (10:1)	15 mg	†
Ginger Root	15 mg	†
Skullcap Aerial Parts	15 mg	†
Cassia Bark	15 mg	†
Coenzyme Q10 (ubiquinone)	15 mg	†
Licorice Root Extract (4:1)	10 mg	†
Black Pepper Fruit Extract (95% piperine) (Bioperine®)	3 mg	†

Other Ingredients: stearic acid, sorbitol, magnesium stearate, acacia gum, and modified cellulose gum.

Contains soy.