

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	
Vitamin A (as beta-carotene, acetate) (5,000 IU)	1500 mcg [^]
Vitamin C (as ascorbic acid, calcium and niacinamide ascorbates)	470 mg
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	67 mg
Thiamine (vitamin B1) (as thiamine HCl)	75 mg
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg
Niacin (as niacinamide, niacinamide ascorbate)	50 mg [•]
Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate)	75 mg
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg [°]
Vitamin B12 (as methylcobalamin)	300 mcg
Biotin	300 mcg
Pantothenic acid (as D-calcium pantothenate)	50 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide)	100 mg
Zinc (as zinc citrate, L-OptiZinc [®] zinc mono-L-methionine sulfate)	25 mg
Selenium [as sodium selenite, SelenoExcell [®] high selenium yeast, Se-methyl L-selenocysteine]	200 mcg
Manganese (as manganese citrate, gluconate)	2 mg
Chromium [as Crominex [®] 3+ chromium stabilized with Capros [®] amla extract (fruit), PrimaVie [®] Shilajit]	200 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Inositol	50 mg
Alpha lipoic acid	25 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta)	20 mg
Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower])	15 mg
Marigold extract (<i>Tagetes erecta</i>) (flower) [std. to 5 mg <i>trans</i> -lutein, 155 mcg <i>trans</i> -zeaxanthin]	11.12 mg
Apigenin	5 mg
Boron (as boron amino acid chelate)	3 mg
Lycopene [from LycoBeads [®] natural tomato extract (fruit)]	1 mg
Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, starch, maltodextrin, dicalcium phosphate, vegetable stearate, silica, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin).	

[^]RAE (retinol activity equivalents) . [°]DFE (dietary folate equivalents). [•]NE (niacin equivalents).

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Dosage and Use

- Take one (1) tablet daily with meals, or as recommended by a healthcare practitioner.

Caution

Individuals consuming more than 50 mcg (2000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Actual Size

