

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Chromium 35 mcg (as nicotinate glycinate chelate)	100%
Vitamin A 900 mcg (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	100%	Molybdenum 45 mcg (as glycinate chelate)	100%
Vitamin C 90 mg (as L-ascorbic acid)	100%	Potassium 5 mg (as aspartate)	<1%
Vitamin D ₃ 20 mcg (as 800 IU cholecalciferol)	100%	Choline 5 mg (as bitartrate)	<1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	100%	PABA 5 mg (para-aminobenzoic acid)	*
Thiamin (as cocarboxylase) 1.2 mg	100%	Boron (as citrate, aspartate, glycinate) 1 mg	*
Riboflavin (as riboflavin 5' phosphate) 1.3 mg	100%	Vitamin K 20 mcg (as menaquinone-7 [K ₂] from natto)	*
Niacin (as niacinamide) 16 mg	100%	Advanced Female Health Blend 100 mg *	
Vitamin B ₆ 1.7 mg (as pyridoxal 5' phosphate)	100%	(tart cherry fruit extract, pomegranate whole fruit extract, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract [as cinnamomum burmannii], cranberry fruit extract, ashwagandha root extract, rose hips)	
Folate 667 mcg DFE (from [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	167%	Organic Whole Food Vegetable Blend 5 mg *	
Vitamin B ₁₂ 2.4 mcg (as methylcobalamin)	100%	(organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	
Biotin (as D-biotin) 30 mcg	100%	Plant Source Digestive Enzyme Blend 5 mg *	
Pantothenic Acid 5 mg (as pantothenic acid)	100%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Calcium (as malate, citrate) 50 mg	4%		
Iron (as bisglycinate chelate) 18 mg	100%		
Iodine (as potassium iodide) 150 mcg	100%		
Magnesium (as aspartate) 25 mg	6%		
Zinc (as bisglycinate chelate) 11 mg	100%		
Selenium 55 mcg (as glycinate complex)	100%		
Copper 0.9 mg (as bisglycinate chelate)	100%		
Manganese 2.3 mg (as bisglycinate chelate)	100%		

*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, stearic acid, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Albion Advanced Nutrition Amino Acid Complex Minerals are shown in their elemental value.

• These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This product is not produced with genetic engineering methods or materials according to the requirements of the NSF Non-GMO Program. For more information visit www.nsfongmo.org.

CAUTION: If you are on blood thinning medication, this product is not recommended.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.