

Ingredient	Amount/Serving	Daily
Vitamin A (as retinyl palmitate)	2,500 IU	50%
Vitamin C (from calcium ascorbate)	62.5 mg	104%
Vitamin D3 (as cholecalciferol)	500 IU	125%
Vitamin E (as d-alpha and mixed tocopherols)	25 IU	83%
Vitamin K2 (as Mena Q7 menaquinone-7)	22.5 mcg	28%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (Vitamin B3) (as niacin and from niacinamide)	25 mg	125%
Vitamin B6 (from pyridoxal-5-phosphate)	12.5 mg	625%
Folate (from (6S)-5-methylfolate) (equivalent to 400 mcg of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	125 mcg	2,083%
Biotin (as D-biotin)	250 mcg	83%
Pantothenic acid (from d-calcium pantothenate)	25 mg	250%
Calcium (from TRAACS Calcium Glycinate Chelate, calcium fructoborate, calcium ascorbate, and d-calcium pantothenate)	200 mg	20%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (TRAACS Magnesium Bisglycinate Chelate Buffered) (Magnesium Bisglycinate Chelate and Magnesium Oxide)	150 mg	38%
Zinc (from TRAACS Zinc Bisglycinate Chelate)	7.5 mg	50%
Selenium (from Selenium Glycinate Complex)	50 mcg	71%
Copper (from TRAACS Copper Glycinate Chelate)	0.5 mg	25%
Manganese (from TRAACS Manganese Glycinate Chelate)	2.5 mg	125%
Chromium (from TRAACS Chromium Nicotinate Glycinate Chelate)	125 mcg	104%
Molybdenum (from TRAACS Molybdenum Glycinate Chelate)	62.5 mcg	83%
Potassium (from Potassium Glycinate Complex)	25 mg	1%
Ginger (Zingiber officinale) Rhizome Extract Standardized for ≥ 5% gingerols and shogaols (5 mg)	100 mg	**
Benfotiamine	25 mg	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**
Bioflavonoids from Citrus (Citrus aurantium) Peel Extract	25 mg	**
PABA (para-aminobenzoic acid)	7.5 mg	**
Boron (from calcium fructoborate)	750 mcg	**
Vanadium (from TRAACS Vanadium Nicotinate Glycinate Chelate)	62.5 mcg	**
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**Daily Value (DV) Not Established

Other Ingredients: microcrystalline cellulose, maltodextrin, hydroxypropyl cellulose, croscarmellose sodium, starch, stearic acid, glycerol monostearate, silica, hydroxypropyl methylcellulose, dicalcium phosphate, magnesium stearate, glycine.

No: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives. Color variations are normal.