

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 60, 120

Ingredient	Amount/Serving	Daily Value
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin E (as d-alpha tocopherol acetate)	5 mg (7.5 IU)	33%
Thiamin (Vitamin B1) (as thiamin HCl)	0.7 mg	58%
Riboflavin (Vitamin B2)	0.8 mg	62%
Vitamin B6 (as pyridoxine HCl)	1 mg	59%
Folate	170 mcg DFE (100 mcg folic acid)	43%
Vitamin B12 (as cyanocobalamin)	0.5 mcg	21%
Biotin	50 mcg	167%
Zinc (from zinc acetate)	5 mg	45%
Chromium (from chromium chloride)	25 mcg	71%
Copalchi (<i>Hintonia latiflora</i>) Bark Extract (2-4:1) providing 20 mg of polyphenols	100 mg	**

**Daily Value (DV) not established

Other Ingredients: cellulose powder, hydroxypropyl methylcellulose (vegetable cellulose capsules), corn starch, vegetable source magnesium stearate, vegetable oil, silica, mannitol.

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

Terry Naturally brand products contain natural and other premium ingredients.

Recommendations: 1 capsule, twice daily. May increase to 1 capsule, three times daily for advanced support. If pregnant or nursing, consult a healthcare practitioner before use.



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