

Directions (Adult): Take one (1) Liquid Soft-Gel daily with a meal.

Supplement Facts

Serving Size: 1 Liquid Soft-Gel

Servings per Container: 60

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU	100%	Copper (as Copper Citrate)	2 mg	100%
Vitamin C (as Ascorbic Acid)	200 mg	333%	Manganese (as Manganese Citrate)	2 mg	100%
Vitamin D (as Vitamin D3)	1000 IU	250%	Chromium (as Chromium Picolinate)	120 mcg	100%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%	Molybdenum (as Molybdenum Citrate)	75 mcg	100%
Thiamin (as Thiamine Hydrochloride)	20 mg	1333%			
Riboflavin	20 mg	1176%	Fish Oil (30% Omega-3 fatty acids)	500 mg	†
Niacin (as Niacinamide)	20 mg	100%	Green Super Food Blend	25 mg	†
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%	Alfalfa powder (leaf), Broccoli powder (aerial), Chlorella powder, Kale (<i>Brassica sp.</i>) powder (leaf), Spirulina powder		
Folic Acid	400 mcg	100%	BioPerine Complex	6 mg	†
Vitamin B12 (as Methylcobalamin)	50 mcg	833%	BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		
Biotin	500 mcg	167%			
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg	200%			
Calcium (as Calcium Citrate)	20 mg	2%			
Magnesium (as Magnesium Oxide)	10 mg	2%			
Zinc (as Zinc Oxide)	15 mg	100%			
Selenium (as L-Selenomethionine)	70 mcg	100%			

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, St. John's bread and titanium dioxide. **Contains: Soy, Fish (anchovy,sardine)**

● **BIOPERINE®** is a registered trademark of Sabinsa Corporation. **No preservatives added.**

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.
WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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