

Supplement Facts

Serving Size: 3 Liquid Soft-Gels Servings per Container: 20

	Amount per Serving	%Daily Value
Calories	25	
Total Fat	2 g	2%**
Saturated Fat	0.5 g	3%**
Cholesterol	10 mg	3%
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin C (as Ascorbic Acid)	50 mg	56%
Vitamin D3 (as Cholecalciferol)	50 mcg (2000 IU)	250%
Niacin (as Niacinamide)	15 mg	94%
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg	294%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Biotin	50 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Iron (as Ferrous Bisglycinate)	4 mg	22%
Magnesium (as Magnesium Citrate)	100 mg	24%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as L-Selenomethionine)	50 mcg	91%
Copper (as Copper Citrate)	1 mg	111%
Sodium	5 mg	<1%
Fish Oil (18% Eicosapentaenoic Acid (EPA) 270 mg, 12% Docosahexaenoic Acid (DHA) 180 mg)	1500 mg	†
KSM-66® Ashwagandha extract (root)	300 mg	†
PrimaVie® Shilajit extract	250 mg	†
elevATP® Ancient Peat and Apple extract	75 mg	†
Boron (as Boron Chelate)	3 mg	†
Vitamin K2 (as Menaquinone-7, MK-7)	50 mcg	†
BioPerine Complex	3 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, caramel (color), sunflower lecithin, dicalcium phosphate, maltodextrin, titanium dioxide (color), mannitol, silicon dioxide, St. John's Bread (carb)(color) and red cabbage extract (color).

Contains: Dairy, Fish (anchovy, sardine)

♣BIOPERINE® is a registered trademark of Sabinsa Corporation

KSM-66® is a registered trademark of Ixoreal BioMed Inc.

PrimaVie® is protected under U.S. Patent Nos. 6,558,712, 6,869,612 and is a registered trademark of Natreon, Inc.

elevATP® is a registered trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com.

No preservatives added.