

Supplement Facts

Serving Size: 1 Liquid Soft-Gel

Servings per Container: 60

	Amount per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Vitamin D3)	1000 IU	250%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (as Thiamine Hydrochloride)	20 mg	1333%
Riboflavin	20 mg	1176%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	50 mcg	833%
Biotin	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg	200%
Iron (as Iron Amino Acid Chelate)	18 mg	100%
Magnesium (as Magnesium Oxide)	10 mg	2%

	Amount per Serving	% Daily Value
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as Copper Citrate)	2 mg	100%
Manganese (as Manganese Citrate)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as Molybdenum Citrate)	75 mcg	100%
Fish Oil (30% Omega-3 fatty acids)	500 mg	†
Green Super Food Blend	25 mg	†
Alfalfa powder (leaf), Broccoli powder (aerial), Chlorella powder, Kale (<i>Brassica sp.</i>) powder (leaf), Spirulina powder		
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(root)		

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, caramel color and titanium dioxide. **Contains: Soy, Fish (anchovy, sardine)**

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

Usage Warnings: 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.

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.