

**Suggested Use:** Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

# Supplement Facts

Serving size 1 tablet Servings per container 90

Amount per serving	% DV
Vitamin A (as beta carotene) 180 mcg RAE	20%
Vitamin C (as ascorbic acid) 90 mg	100%
Vitamin D3 (as fermented cholecalciferol) 40 mcg	200%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 8 mg	53%
Vitamin K (as phytonadione) 80 mcg	67%
Thiamin (as thiamine hydrochloride) 1.2 mg	100%
Riboflavin (as riboflavin) 1.4 mg	108%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 3.8 mg	226%
Folate (as calcium L-5-methyltetrahydrofolate) 200 mcg DFE (120 mcg L-5-MTHF)	50%
Vitamin B12 (as methylcobalamin) 5 mcg	208%
Biotin (as biotin) 50 mcg	167%

Amount per serving	% DV
Pantothenic Acid (as d-calcium pantothenate) 5.5 mg	110%
Iodine (as fermented iodine glycinate) 80 mcg	53%
Zinc (as zinc bisglycinate) 12 mg	109%
Selenium (as fermented selenium glycinate) 40 mcg	73%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 45 mcg	129%
Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	100%

**\*Food Blend** 293 mg \*\*  
Organic orange, organic brown rice, organic cranberry, organic blueberry, carrot, cabbage head, organic broccoli

\*\* % Daily Value (DV) not established

**Other Ingredients:** Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), rice protein, silicon dioxide, stearic acid, autolyzed yeast, hypromellose.

**CAUTION:** Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.