

# Supplement Facts

Amount per serving	% Daily Value
Vitamin A (as beta carotene) 150 mcg RAE	17%
Vitamin C (as ascorbic acid) 20 mg	22%
Vitamin D3 (as fermented cholecalciferol) 3.3 mcg	17%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 3.3 mg	22%
Vitamin K (as phytonadione) 22 mcg	18%
Thiamin (as thiamine hydrochloride) 1.7 mg	142%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 7 mg NE	44%
Vitamin B6 (as pyridoxine hydrochloride) 2 mg	118%
Folate (as folic acid) 226 mcg DFE (133 mcg folic acid)	57%
Vitamin B12 (as cyanocobalamin) 5 mcg	208%
Biotin (as biotin) 100 mcg	333%
Pantothenic Acid (as d-calcium pantothenate) 3 mg	60%

Amount per serving	% Daily Value
Iodine (as fermented iodine glycinate) 25 mcg	17%
Zinc (as fermented zinc bisglycinate) 2 mg	18%
Selenium (as fermented selenium glycinate) 8 mcg	15%
Copper (as fermented copper bisglycinate) 0.03 mg	3%
Manganese (as fermented manganese bisglycinate) 0.4 mg	17%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 10 mcg	29%
Molybdenum (as fermented molybdenum bisglycinate) 7 mcg	16%
Boron (as fermented boron glycinate) 167 mcg	**
Food Blend 83 mg	**
Organic brown rice, organic orange, carrot, organic broccoli, organic cranberry, cabbage, organic blueberry	

\*\* Daily Value not established

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

