

Supplement Facts

Serving size 1 tablet

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Vitamin A (as beta carotene) 338 mcg RAE	38%	Selenium (as fermented selenium glycinate) 14 mcg	25%
Vitamin C (as ascorbic acid) 60 mg	67%	Copper (as fermented copper bisglycinate) 0.3 mg	33%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%	Manganese (as fermented manganese bisglycinate) 1 mg	43%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 12 mg	80%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 60 mcg	171%
Vitamin K (as phytonadione) 15 mcg	13%	Molybdenum (as fermented molybdenum bisglycinate) 40 mcg	89%
Thiamin (as thiamine hydrochloride) 4 mg	333%		
Riboflavin (as riboflavin) 3 mg	231%	Boron (as fermented boron glycinate) 500 mcg	**
Niacin (as niacinamide) 20 mg NE	125%	Food & Herb Blend 260 mg	**
Vitamin B6 (as pyridoxine hydrochloride) 3 mg	176%	Organic brown rice, organic orange, carrot, organic ashwagandha root, organic eleuthero root, organic astragalus root, organic ginkgo leaf, organic hawthorne fruit, organic broccoli, organic schisandra fruit, organic nettle leaf, organic turmeric root, organic ginger root, organic dandelion root, organic dandelion leaf, organic oregano leaf, organic cranberry, organic blueberry, cabbage, organic shiitake mushroom.	
Folate (as folic acid) 680 mcg DFE (400 mcg folic acid)	170%		
Vitamin B12 (as cyanocobalamin) 15 mcg	625%		
Biotin (as biotin) 80 mcg	267%		
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%		
Iodine (as fermented iodine glycinate) 150 mcg	100%		
Zinc (as fermented zinc bisglycinate) 15 mg	136%		

** Daily Value not established

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, stearic acid, rice protein, autolyzed yeast extract, tapioca food starch, hypromellose.

