

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take 2 VegCaps daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 2 VegCaps

Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as Liposomal Beta Carotene)	900 mcg RAE	100%
Vitamin C (as Liposomal Ascorbic Acid)	90 mg	100%
Vitamin D-3 (as Liposomal Cholecalciferol from Algae)	20 mcg	100%
Vitamin E (as Liposomal d-alpha Tocopherol from Sunflower Oil)	15 mg	100%
Vitamin K-1 (as Liposomal Phylloquinone)	120 mcg	100%
Thiamine (as Liposomal Benfotiamine) (B-1)	1.2 mg	100%
Riboflavin (as Liposomal Riboflavin-5-Phosphate) (B-2)	1.3 mg	100%
Niacin (as Liposomal Niacinamide) (B-3)	16 mg	100%
Vitamin B-6 (as Liposomal Pyridoxine-5-Phosphate) (P5P)	1.7 mg	100%
Folate (from Liposomal (6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt)	400 mcg DFE (235 mcg Folic Acid)	100%
Vitamin B-12 (as Liposomal Methylcobalamin)	1,000 mcg	41,667%
Biotin (Liposomal Biotin)	30 mcg	1,000%
Pantothenic Acid (from Liposomal Calcium d-Pantothenate) (B-5)	5 mg	100%
Choline (from Liposomal Choline Bitartrate)	5 mg	<1%
Iodine (from Liposomal Potassium Iodide)	150 mcg	100%
Magnesium (from Liposomal Magnesium Oxide)	20 mg	5%
Zinc (from Liposomal Zinc Citrate)	11 mg	100%
Selenium (as Liposomal Yeast-Free L-Selenomethionine)	55 mcg	100%
Manganese (from Liposomal Manganese Citrate)	2.3 mg	100%
Chromium (from Liposomal Chromium Picolinate)	35 mcg	100%
Molybdenum (from Liposomal Molybdenum Citrate)	45 mcg	100%
Glycine (Liposomal Glycine)	60 mg	*
Inositol (Liposomal Inositol)	25 mg	*
PABA (Liposomal PABA)	5 mg	*
Liposomal Trace Mineral Complex	5 mg	*
Lutein (from Liposomal Marigold (<i>Tagetes spp.</i>) Flower Extract)	1 mg	*
CoQ10 (Liposomal CoQ10)	5 mg	*
Rose Hips (Liposomal Rose Hips) (<i>Rosa canina</i>) (fruit)	2 mg	*
Acerola (Liposomal Acerola) (<i>Malpighia spp.</i>) (fruit juice)	2 mg	*
L-Leucine (Liposomal L-Leucine)	25 mg	*
L-Isoleucine (Liposomal L-Isoleucine)	12.5 mg	*
L-Valine (Liposomal L-Valine)	12.5 mg	*
L-Glutamine (Liposomal L-Glutamine)	25 mg	*
Pumpkin (Liposomal Pumpkin) (<i>Cucurbita pepo</i>) (hulled seed)	5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose, Lipid Blend from Sunflower Oil and Sustainable Palm Oil, Vegetable Cellulose Capsule, Stearic Acid, Modified Tapioca Starch, Magnesium Stearate, Silica, Sodium Alginate, Pea Starch and Gum Arabic.