Supplement Facts

Serving Size 4 Capsules Servings Per Container 30			
Amount Pe	r Serving	%DV	
Vitamin A (as palmitate, USP-FCC)	5,000 IU	100%	
Vitamin C (as ascorbic acid, USP-FCC)	500 mg	833%	
Vitamin D (as D3, cholecalciferol, USP-FCC)	2,000 IU	500%	
Vitamin E (as d-alpha tocopheryl acetate, USP-FCC)			
	50 IU	167%	
Vitamin K (as K2, Menaquinone-7)	60 mcg	75%	
Thiamin (vitamin B1) (as thiamin HCI, USP-FCC)			
	60 mg	4000%	
Riboflavin (vitamin B2, USP-FCC)	75 mg	4411%	
Niacinamide (USP-FCC)	50 mg	250%	
Vitamin B6 (as pyridoxine HCI, USP-FCC	50 mg	2500%	
Folate (as 5-Methyltetrahydrofolate,			
glucosamine salt) (Quatrefolic®)	600 mcg	150%	
Vitamin B12 (as methylcobalamin)	500 mcg	833%	
Biotin (USP)	500 mcg	166%	
Pantothenic acid (as calcium d-pantothenate, USP-FCC)			
	90 mg	900%	
Calcium (as calcium citrate, FCC and cal			
d-pantothenate, USP-FCC)	20 mg	2%	
lodine (as potassium iodide, USP-FCC)	75 mcg	50%	
Magnesium (as magnesium citrate, anhydrous, USP			
and magnesium malate)	100 mg	25%	
Zinc (as zinc monomethionine) (Optizinc		200%	
Selenium (as selenium yeast) (SelenoExcel®)			

105 mcg

150%



DIETARY SUPPLEMENT • 120 VEGETARIAN CAPSULES

Manganese (as manganese gluconate, USP-FCC)			
	3 mg	150%	
Chromium (as chromium picolinate)	500 mcg	416%	
Molybdenum (as sodium molybdate)	75 mcg	100%	
Potassium (as potassium citrate, USP-FC	C) 35 mg	1%	
Silicon (as horsetail standardized extract) 3 mg	+	
Boron (as boron citrate)	3 mg	+	
High-gamma mixed tocopherols (FCC)	100 mg	+	
Betaine (as trimethylglycine)	125 mg	+	
Choline (as Choline Bitartrate USP-FCC)	100 mg	+	
Coenzyme Q10 (ubiquinone, USP)	10 mg	+	
Lutein, carotenoid (as lutein esters)	10 mg	+	
Zeaxanthin, carotenoid	2 mg	+	

Daily Value (DV) based on a 2000 calorie diet.

Other Ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source).

This product contains no egg, fish, milk, peanut, shellfish soy, tree nuts, wheat, artificial colors or flavors.

Directions: As a dietary supplement for adults, take 2 capsules 2 times per day with meals or as directed by your healthcare practitioner.



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⁺ Daily Value not established