Suggested use: Take 8 capsules per day with food or drink. This should be divided into 2 or 3 doses or as recommended by your healthcare practitioner.

For added freshness product may be stored in refrigerator.

Keep out of reach of children. Color variations may exist with this product.

Supplement	Fac	cts
Serving Size 8 capsules		
Servings Per Container 21		
Amount Per Se	erving	%DV*
Vitamin A (as retinyl palmitate & acetate) (3,500 IU) 1,	,050 mcg	117%
Vitamin C (as ascorbic acid, USP-FCC) 1	,000 mg	1111%
Vitamin D (as D3, cholecalciferol, USP-FCC) (2,000 II	J) 50 mcg	250%
Vitamin E (as d-alpha-tocopheryl acetate) (200 IU	) 134 mg	893%
	100 mcg	83%
Thiamin (vitamin B1) (as thiamin HCL, USP-FCC	)	
	45 mg	3750%
Riboflavin (vitamin B2, USP-FCC)	45 mg	3462%
Niacinamide (USP-FCC)	50 mg	313%
Vitamin B6 (25 mg as pyridoxine HCI, USP-FCC,		
10 mg as pyridoxal-5-phosphate)	35 mg	2060%
Folate (as 5-Methyltetrahydrofolate, glucosamine salt) 1360 ( (Quatrefolic®) (800 mcg 5-Methyltetrahydrofolate)	mog DFE	340%
Vitamin B12 (as methylcobalamin)	500 mcg	20833%
Biotin (USP)	500 mcg	1667%
Pantothenic acid (as d-calcium pantothenate)	45 mg	900%
Choline (as choline bitartrate)	250 mg	45%
Calcium (as calcium citrate, FCC)	20 mg	2%
lodine (as potassium iodide, USP-FCC)	8 mcg	5%
Magnesium (as magnesium amino acid chelate)	150 mg	36%
Zinc (as zinc monomethionine) (Optizinc®)	30 mg	272%
Selenium (as sodium selenite)	70 mcg	127%
Manganese (as manganese gluconate, USP-FCC	) 2 mg	87%
	-	



g 1429%		
g 167%		
g 1%		
; +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
g +		
* Daily Value (DV) based on a 2000 calorie diet. + Daily Value not established		
* Daily Value (DV) based on a 2000 calorie diet.		

DIETARY SUPPLEMENT • 168 CAPSULES