## **Supplement Facts**

Serving Size 1 <sup>3</sup>/<sub>4</sub> teaspoons (6.1g) Servings Per Container 21

Amount Per Serving		%DV		
Vitamin A (as retinyl palmitate & acetate) (3,500	IU) 1,050 mcg RAE1	117%		
Vitamin C (as ascorbic acid, USP-FCC)	1,000 mg	1111%		
Vitamin D (as D3, cholecalciferol, USP-FCC)	(2,000 IU) 50 mcg	250%		
Vitamin E (as d-alpha-tocopheryl acetate)	(200 IU) 134 mg	893%		
Vitamin K (as K2, menaquinone-7)	100 mog	83%		
Thiamin (vitamin B1) (as thiamin HCL, USP-FCC)				
	45 mg	3750%		
Riboflavin (vitamin B2, USP-FCC)	45 mg	3462%		
Niacinamide (Vitamin B3)	50 mg NE <sup>2</sup>	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 (Quatrefolic®))	800 mcg DFE <sup>3</sup>	200%		
Vitamin B12 (as methylcobalamin)	500 mcg	20833%		
Biotin (as d-biotin)	500 mcg	1667%		
Pantothenic acid (as d-calcium pantothe	nate) 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 glycinat	e) 150 mg	36%		
Zinc (as zinc monomethionine) (Optizinc	<sup>e</sup> ) 30 mg	272%		
Selenium (as sodium selenite)	70 mcg	127%		
Manganese (as manganese gluconate, L	SP-FCC) 2 mg	87%		



Chromium (as chromium picolinate)	500 mcg	1429%	
Molybdenum (as sodium molybdate)	75 mcg	167%	
Potassium (as potassium citrate, USP-FCC)	35 mg	1%	
L-Glycine (as magnesium glycinate)	925 mg	+	
L-Ornithine (as L-ornithine HCI)	100 mg	+	
Alpha ketoglutaric acid	500 mg	+	
Betaine (trimethylglycine)	250 mg	+	
Quercetin	150 mg	+	
L-Taurine (USP)	200 mg	+	
L-Glutathione	150 mg	+	
L-Tyrosine (USP)	100 mg	+	
L-Proline (USP-FCC)	100 mg	+	
Luteolin	100 mg	+	
Rutin	100 mg	+	
L-Tryptophan (USP-FCC)	50 mg	+	
Acetyl-L-carnitine (as acetyl L-carnitine HCI)	45 mg	+	
Coenzyme Q10 (ubiquinone, USP)	30 mg	+	
R-Alpha lipoic acid	25 mg	+	
L-Histidine (USP-FCC)	25 mg	+	
Lutein, carotenoid (as lutein esters)	6 mg	+	
Zeaxanthin, carotenoid	3 mg	+	
Boron (as boron citrate)	3 mg	+	
Silica (as horsetail standardized extract	) 3 mg	+	
* Daily Value (DV) based on a 2000 calorie diet. + Daily Value not established RAE = Refind Activity Equivalents; "NE = Niacin Equivalents; "DFE = Dietary Folate Equivalents			
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Suggested Use: Take 1 serving (1 3/4 teaspoons) per day with food or drink. This should be divided into 2 or 3 doses or as recommended by your healthcare practitioner.

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