

# Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as natural mixed carotenoids and acetate) (IU ratio 1:2) .....	2,790 mcg RAE	310%	Zinc (as gluconate, citrate).....	15 mg	136%
Vitamin C (as calcium and magnesium ascorbate) .....	100 mg	111%	Selenium (from vegetable culture †) .....	50 mcg	91%
Vitamin D (as cholecalciferol) .....	10 mcg	50%	Copper (as gluconate) .....	2 mg	222%
Vitamin E (as d-alpha tocopheryl acetate).....	20 mg	133%	Manganese (as gluconate) .....	2 mg	82%
Vitamin K (as phytonadione).....	35 mcg	29%	Chromium (from vegetable culture †).....	50 mcg	143%
Thiamin (B1) (as thiamin mononitrate)....	10 mg	833%	Molybdenum (from vegetable culture †) 10 mcg		22%
Riboflavin (B2).....	10 mg	769%	Potassium (as chloride, gluconate).....	99 mg	2%
Niacin (as niacinamide).....	20 mg	125%			
Vitamin B6 (as pyridoxine hydrochloride) .....	10 mg	588%	Boron (as calcium borogluconate) .....	1 mg	*
Folate (as calcium folinate) .....	400 mcg DFE	100%	Lithium (from vegetable culture †) .....	20 mcg	*
Vitamin B12 (as methylcobalamin) .....	10 mcg	417%	Rubidium (from vegetable culture †) .....	25 mcg	*
Biotin .....	300 mcg	1,000%	Vanadium (from vegetable culture †).....	5 mcg	*
Pantothenic Acid (as calcium pantothenate).....	25 mg	500%	Citrus Bioflavonoids (from citrus fruit) ....	10 mg	*
Calcium (as citrate).....	200 mg	15%	Lysine (as L-Lysine hydrochloride) .....	30 mg	*
Iron (as gluconate) .....	18 mg	100%	L-Methionine .....	30 mg	*
Iodine (from kelp and potassium iodide)150mcg		100%	L-Cysteine HCl.....	10 mg	*
Magnesium (as citrate, gluconate, glycinate) .....	100 mg	36%	Coenzyme Q10 (emulsified) .....	1 mg	*
			Superoxide Dismutase (from vegetable culture †).....	20 mcg	*
			Catalase (from vegetable culture †).....	20 mcg	*
			<b>*Daily Value not established</b>		

**Other ingredients:** Stearic acid (vegetable source), modified cellulose gum, cellulose and food glaze.

† Specially grown, biologically active vegetable culture (from organic peas, lentils and/or chickpeas) containing **Phytochemically Bound Trace Elements™** and/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

**This product is gluten and dairy free.**

**RECOMMENDATION:** Three (3) tablets each day as a dietary supplement or as otherwise directed by a healthcare professional.

**WARNING: Accidental overdose of iron-containing products is a leading cause of poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety seal for your protection.

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