

# Supplement Facts

Serving Size: 5 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids)	1,095 mcg RAE	122%	Selenium (as selenomethionine)	50 mcg	91%
Vitamin C (as ascorbic acid)	250 mg	278%	Copper (as copper citrate)	0.5 mg	56%
Vitamin D (as D3 cholecalciferol)	50 mcg	250%	Coenzyme Q10 (emulsified)	50 mg	†
Vitamin K (as menaquinone-7 from fermentation and as phytonadione)	50 mcg	42%	Trans-Resveratrol	50 mg	†
Thiamin (B1) (as thiamin mononitrate)	5 mg	417%	R-Alpha Lipoic Acid (from stabilized sodium salt)	50 mg	†
Riboflavin (B2)	5 mg	385%	Green Tea Extract (50% EGCG) (leaf)	500 mg	†
Niacin	25 mg	156%	Acetyl-L-Carnitine hydrochloride	500 mg	†
Vitamin B6 (as pyridoxine HCl)	50 mg	2,941%	Olive Extract (Olea europaea) (leaf)	50 mg	†
Folate (as calcium folinate)	400 mcg DFE	100%	Quercetin	50 mg	†
Vitamin B12 (as methylcobalamin)	50 mcg	2,083%	Ginkgo Extract (Ginkgo biloba) (leaf)	5 mg	†
Biotin	2,500 mcg	8,333%	Phytolens® ** (Lens esculenta extract)	5 mg	†
Pantothenic Acid (as calcium pantothenate)	12.5 mg	250%	Lutein (from Aztec Marigold flower)	5 mg	†
Magnesium (as magnesium glycinate*)	125 mg	30%	Lycopene (from Tomato)	1.5 mg	†
Zinc (as zinc picolinate)	15 mg	136%			

† Daily Value not established

**Other ingredients:** Capsule shell (gelatin and water), magnesium stearate (vegetable source) and gum arabic.

\* **Albion®** brand Magnesium Glycinate. Albion Laboratories, Inc. of Clearfield, Utah.

\*\* **Phytolens®** is a registered trademark of Biotics Research Corporation. US. Patent No. 5,762,936, Biotics Research Corporation.

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

**RECOMMENDATION:** Five (5) capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Those taking blood thinners should avoid supplements with vitamin K unless specifically recommended and monitored by their physician. Not recommended for pregnant or lactating women.

**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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