

Supplement Facts

Serving Size: 2 Capsules • Servings Per Container: 30

Amount Per % Daily			Amount Per % Daily		
2 Capsules contain:	Serving	Value	Serving	Value	
Vitamin A (100% Beta-Carotene as Betatene® Natural Mixed Carotenoids)	1,000 IU	20%	Iodine (as Potassium Iodide)	15 mcg	10%
Vitamin C (as Calcium Ascorbate)	60 mg	100%	Magnesium (as Citrate USP)	50 mg	13%
Vitamin D3 (as Cholecalciferol)	200 IU	50%	Zinc (as Picolinate)	15 mg	100%
Vitamin E (as d-Alpha Tocopherol Succinate)	30 IU	100%	Selenium (as Picolinate)	100 mcg	143%
Thiamine (B1 from Thiamine HCl USP)	15 mg	1,000%	Copper (as Picolinate)	2 mg	100%
Riboflavin (Vitamin B2 USP)	15 mg	882%	Manganese (as Picolinate)	2 mg	100%
Niacin (as Niacinamide USP)	15 mg	75%	Chromium (as Picolinate)	25 mcg	21%
Vitamin B6 (as Pyridoxine HCl USP)	15 mg	750%	Molybdenum (as Picolinate)	25 mcg	33%
Folic Acid	400 mcg	100%	Potassium (as Citrate)	25 mg	<1%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%	N-Acetyl-L-Cysteine USP	60 mg	*
Biotin	100 mcg	33%	Acetyl-L-Carnitine HCl	50 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	150%	L-Glutamine USP	50 mg	*
Calcium (as Citrate USP, Ascorbate, d-Calcium Pantothenate)	100 mg	10%	Citrus Bioflavonoid Complex	50 mg	*
Iron (as Picolinate)	2 mg	11%	Alpha Lipoic Acid	25 mg	*
			Betaine HCl USP	25 mg	*
			Choline (as Bitartrate) USP	15 mg	*
			Inositol (from soy)	15 mg	*
			Boron (as Picolinate)	1 mg	*

* % Daily Value not established