

Direction : As a dietary supplement, take 1 to 12 capsules daily.

Suppelement Facts		
Serving Size 12 Capsules		
Servings Per Bottle 30 Servings		
Amount Per Serving		% Daily Value
Vitamin A (Retinyl Palmitate)	4500 IU	90%
(Natural Beta Carotene)	4500 IU	90%
Vitamin C (From Cal Ascorbate, Ascorbyl Palmitate, Rose Hips)	900 mg	1500%
Vitamin D (Cholecalciferol D3)	800 IU	200%
Vitamin E (d-Alpha Tocopheryl Succinate)	360 IU	1200%
Vitamin K (Vitamin K1)	45 mcg	56%
Vitamin B1 (Thiamin Mononitrate)	30 mg	2000%
Vitamin B2 (Riboflavin)	30 mg	1667%
Vitamin B3 (Niacinamide)	150 mg	750%
Vitamin B6 (Pyridoxine HCl)	30 mg	1500%
Folic Acid (Folic Acid)	800 mcg	200%
Vitamin B12 (Cyanocobalamine)	90 mcg	1500%
Biotin (Biotin)	600 mcg	200%
Vitamin B5 (D-Calcium Pantothenate)	150 mg	1500%
Choline Bitartrate	45 mg	*
Inositol	45 mg	*
PABA (Para-Amino Benzoic Acid)	45 mg	*
Calcium (AA Chelate Albion)	600 mg	60%
Iodine (Kelp)	150 mcg	100%
Magnesium (Mg Chelate Albion)	300 mg	75%
Zinc (AA Chelate Albion)	30 mg	200%
Selenium (AA Chelate Albion)	150 mcg	214%
Copper (AA Chelate)	0.75 mg	37.5%
Manganese (AA Chelate)	6 mg	300%
Chromium (AA Chelate Albion)	180 mcg	150%
Molybdenum (AA Chelate Albion)	75 mcg	100%
Potassium (AA Chelate Albion)	99 mg	*
Boron (AA Chelate Albion)	1.5 mg	*
Citrus Bioflavonoid	150 mg	*
Rutin	30 mg	*
Quercetin	30 mg	*
Hesperidin	30 mg	*
Barley Grass	15 mg	*
Rosemary Leaf	15 mg	*
Parsley Leaf	15 mg	*
Pancreatin 4X	30 mg	*
Papain (From Papaya (plant yeast))	30 mg	*
Glutamic Acid HCl	15 mg	*
Soy Lecithin	15 mg	*

Other Ingredients : HPMC, Magnesium Stearate, Silicon Dioxide