

Supplement Facts

Serving Size 2 Packets
Servings Per Container 30

	Amount Per AM Packet	% Daily Value	Amount Per PM Packet	% Daily Value	Amount Per 2 Packets	% Daily Value
Vitamin A (from 2,000 IU per AM and PM Packets, 4,000 IU per 2 Packets as Natural Beta Carotene, Palmitate)	600 mcg	67%	600 mcg	67%	1,200 mcg	133%
Vitamin C (as Ascorbic Acid USP)	333 mg	370%	167 mg	186%	500 mg	556%
Vitamin D (D3 as Cholecalciferol)	12.5 mcg (500 IU)	63%	12.5 mcg (500 IU)	63%	25 mcg (1,000 IU)	125%
Vitamin E (from 25 IU per AM and PM Packets, 50 IU per 2 Packets as d-Alpha Tocopherol Succinate USP)	16.8 mg	112%	16.8 mg	112%	33.6 mg	224%
Vitamin K (2 packets provide 435 mcg K1 as Phytonadione, 90 mcg K2 as Menaquinone-7 (MK-7, MenaQ7 [®] PRO))	262.5 mcg	219%	262.5 mcg	219%	525 mcg	438%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%	25 mg	2,083%	50 mg	4,167%
Riboflavin (Vitamin B2 USP)	15 mg	1,154%	15 mg	1,154%	30 mg	2,308%
Niacin (as Niacin USP, Niacinamide USP)	15 mg	94%	15 mg	94%	30 mg	188%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	25 mg	1,471%	25 mg	1,471%	50 mg	2,941%
Folate (from 400 mcg per AM and PM Packets, 800 mcg per 2 Packets Quatrefolic [®] (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%	680 mcg DFE	170%	1,360 mcg DFE	340%
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%	250 mcg	10,417%	500 mcg	20,833%
Biotin	150 mcg	500%	150 mcg	500%	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate USP)	25 mg	500%	25 mg	500%	50 mg	1,000%
Calcium (as Calcium Hydroxyapatite DimaCal [®] Dicalcium Malate)	0 mg	0%	1,000 mg	77%	1,000 mg	77%
Phosphorus (as Calcium Hydroxyapatite)	0 mg	0%	360 mg	29%	360 mg	29%
Iodine (from Kelp)	75 mcg	50%	75 mcg	50%	150 mcg	100%
Magnesium (as DiMagnesium Malate, Magnesium Citrate USP, TRAACS [®] Magnesium Lysinate Glycinate Chelate)	267 mg	64%	133 mg	32%	400 mg	95%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	7.5 mg	68%	7.5 mg	68%	15 mg	136%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%	100 mcg	182%	200 mcg	364%
Copper (as TRAACS [®] Copper Bisglycinate Chelate)	0.5 mg	56%	0.5 mg	56%	1 mg	111%
Manganese (as TRAACS [®] Manganese Bisglycinate Chelate)	2.5 mg	109%	2.5 mg	109%	5 mg	217%
Chromium (as O-polynicotinate) [‡]	100 mcg	286%	100 mcg	286%	200 mcg	571%
Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	75 mcg	167%	75 mcg	167%	150 mcg	333%
Strontium Citrate	1 g	*	0 mg	*	1 g	*
Boron (as Bororganic [™] Glycine)	2.5 mg	*	2.5 mg	*	5 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.