

Supplement Facts

Serving Size 1 Packet
 Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	15		Copper (as TRAACS™ Copper Bisglycinate Chelate)	1 mg	111%
Total Fat	1.5 g	2%*	Manganese (as TRAACS™ Manganese Bisglycinate Chelate)	2.5 mg	109%
Cholesterol	<5 mg	<2%	Chromium (as O-polynicotinate) [†]	200 mcg	571%
Vitamin A (from 7,500 IU as Natural Beta Carotene, Palmitate)	2,250 mcg	250%	Molybdenum (as TRAACS™ Molybdenum Glycinate Chelate)	25 mcg	56%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%	Potassium (as Potassium Citrate USP)	50 mg	1%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%	Total Omega-3s (as Triglycerides)	950 mg	**
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%	EPA (Eicosapentaenoic Acid)	430 mg	**
Vitamin K (K1 as Phytonadione)	50 mcg	42%	DHA (Docosahexaenoic Acid)	390 mg	**
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%	Omega-3s (additional)	130 mg	**
Riboflavin (Vitamin B2 USP)	25 mg	1,923%	Turmeric Root Extract (Complete Turmeric Matrix) (Standardized to contain 45-55% Curcuminoids, 3-8% Volatile Oil, 2-6% Turmerin)	200 mg	**
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%	Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Glucoraphanin)	115 mg	**
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%	DPA (Docosapentaenoic Acid)	50 mg	**
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%	Inositol NF	50 mg	**
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%	Mixed Tocopherols	50 mg	**
Biotin	200 mcg	667%	trans-Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	50 mg	**
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%	<i>Andrographis paniculata</i> Extract (Leaves) (ParActin® (Bioactive 14-Neo-Andro Compound)) (Standardized to contain 50% Andrographolides)	30 mg	**
Choline (as Choline Bitartrate)	19 mg	3%	Rutin	25 mg	**
Calcium (as DimaCal™ Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%	Boron (as Bororganic Glycine)	1.5 mg	**
Iodine (from Kelp)	112 mcg	75%	Vanadyl Sulfate Hydrate	1 mg	**
Magnesium (as DiMagnesium Malate, TRAACS™ Magnesium Lysinate Glycinate Chelate)	200 mg	48%	Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7®PRO)	12.5 mcg	**
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	10 mg	91%			
Selenium (as Selenium Glycinate Complex)	100 mcg	182%			

* Percent Daily Values are based on a 2,000 calorie diet.
 ** Daily Value not established.

Ingredients: Fish Oil (**anchovy**) (Highly Refined and Concentrated Omega-3), Gelatin, Hypromellose (Natural Vegetable Capsules), Microcrystalline Cellulose, Glycerin, Water (Purified), Natural Flavors, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Natural Tocopherols, Rosemary Extract (Leaf) and Ascorbyl Palmitate.

MenaQ7®PRO is a registered trademark of NattoPharma ASA, Norway; Patents pending and granted.

