

# Supplement Facts <sup>V2</sup>

Serving Size 3 Capsules  
Servings Per Container 30

| <b>3 capsules contain</b>   | <b>Amount Per Serving</b>           | <b>% Daily Value</b> |
|---|-------------------------------------|----------------------|
| Vitamin A (from 5,000 IU as Palmitate)                                  | 1,500 mcg                           | 167%                 |
| Vitamin D (D3 as Cholecalciferol)                                       | 1 mcg (50 IU)                       | 5%                   |
| Folate  | 680 mcg DFE<br>(400 mcg Folic Acid) | 170%                 |
| Vitamin B12 (as Methylcobalamin)  | 100 mcg                             | 4,167%               |
| Biotin  | 500 mcg                             | 1,667%               |
| Selenium<br>(as Selenium Glycinate Complex)                             | 25 mcg                              | 45%                  |
| Methylsulfonylmethane (MSM) (OptiMSM®)                                  | 325 mg                              | *                    |
| Horsetail ( <i>Equisetum arvense</i> ) (Aerial Parts)                   | 250 mg                              | *                    |
| Saw Palmetto Berry Extract<br>(Standardized to contain 45% Fatty Acids) | 240 mg                              | *                    |
| Stinging Nettle (Leaves)  | 240 mg                              | *                    |
| Fo-ti ( <i>Polygonum multiflorum</i> ) (Root)                           | 200 mg                              | *                    |
| para-Aminobenzoic Acid (PABA)   | 150 mg                              | *                    |
| Betaine Hydrochloride USP   | 100 mg                              | *                    |

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules and Magnesium Stearate.