

Supplement Facts ^{V3}

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
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 (400 mcg Folic Acid)	170%
Vitamin B12 (as Methylcobalamin)	100 mcg	4,167%
Biotin	500 mcg	1,667%
Selenium (as Selenium Glycinate Complex)	25 mcg	45%
Methylsulfonylmethane (MSM) (OptiMSM®)	325 mg	*
Saw Palmetto Berry Extract (Standardized to contain 45% Fatty Acids)	320 mg	*
Horsetail (<i>Equisetum arvense</i>) (Aerial Parts)	250 mg	*
Stinging Nettle (Leaves)	240 mg	*
para-Aminobenzoic Acid (PABA)	150 mg	*
Betaine Hydrochloride USP	100 mg	*

* Daily Value not established.

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