

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30 & 60

	Amount Per Serving	% Daily Value
Vitamin A (from 7,500 IU as Natural Beta Carotene, Palmitate)	2,250 mcg	250%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%
Vitamin K (K1 as Phytonadione)	50 mcg	42%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%
Riboflavin (Vitamin B2 USP)	25 mg	1,923%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%
Choline (as Choline Bitartrate)	19 mg	3%
Calcium (as DimaCal™ Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DiMagnesium Malate, TRAACS™ Magnesium Lysinate Glycinate Chelate)	200 mg	48%
Zinc (as TRAACS™ Zinc Bisglycinate Chelate)	10 mg	91%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%
Copper (as TRAACS™ Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as TRAACS™ Manganese Bisglycinate Chelate)	2.5 mg	109%
Chromium (as O-polynicotinate)‡	200 mcg	571%
Molybdenum (as TRAACS™ Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Citrate USP)	50 mg	1%
Inositol NF	50 mg	*
Mixed Tocopherols	50 mg	*
Rutin	25 mg	*
Boron (as Bororganic Glycine)	1.5 mg	*
Vanadyl Sulfate Hydrate	1 mg	*
Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7®PRO)	12.5 mcg	*

* Daily Value not established.

Other Ingredients: Hypromellose (Natural Vegetable Capsules), Stearic Acid, and Magnesium Stearate.