

Serving Size: 2 Vegetarian Capsules

Amount Per Serving	%DV ^s
Vitamin A (100% Beta Carotene)	10000 IU 200
Vitamin C (as Magnesium Ascorbate and Ascorbic Acid)	225 mg 375
Vitamin D (Ergocaliferol)	200 IU 50
Vitamin E (Natural d, Alpha-Tocopheryl Succinate)	30 IU 100
Thiamin (from Thiamin HCl)	50 mg 3,333
Riboflavin	50 mg 2,941
Niacinamide	50 mg 250
Vitamin B6 (from Pyridoxine HCl)	50 mg 2,500
Folic Acid	400 mcg 100
Vitamin B12 (Cyanocobalamin)	200 mcg 3,333
Biotin	50 mcg 16
Pantothenic Acid (from D-Calcium Pantothenate)	50 mg 500
Calcium (from Calcium Amino Acid Chelate)	20 mg 2
Iodine (from Kelp)	75 mcg 50
Magnesium (from Magnesium Ascorbate)	100 mg 25
Zinc (from Zinc Gluconate)	10 mg 66
Selenium (from L-Selenomethionine)	50 mcg 71
Copper (from Copper Gluconate)	1 mg 50
Maganese (from Maganese Citrate)	4 mg 200
Chromium (from Chromium Amino Acid Chelate)	50 mcg 41
Molybdenum (from Molybdenum Amino Acid Chelate)	12 mcg 16
Chloride (from Potassium Chloride)	5 mg < 1
Potassium (from Potassium Chloride and Potassium Citrate)	10 mg < 1
Alpha Lipoic Acid	500 mg *
Choline (from Choline Bitartrate)	50 mg *
N-Acetyl Cysteine	25 mg *
Citrus Bioflavonoid Complex	25 mg *
Inositol	25 mg *
Betaine HCl	12 mg *
Lufein	25 mg *