

Serving Size: 2 Capsules

Amount Per Serving	%DV
Vitamin A (100% as Beta Carotene)	10000 IU 200
Vitamin C (from Ascorbic Acid and Magnesium Ascorbate)	500 mg833
Vitamin E (Natural, from d, Alpha-Tocopheryl Succinate)	200 IU666
Thiamin (from Thiamin HCl)	5 mg333
Riboflavin (Vitamin B2)	5 mg294
Niacin (Vitamin B3).....	20 mg 100
Vitamin B6 (from Pyridoxine HCl).....	5 mg250
Folic Acid	400 mcg 100
Vitamin B12 (from Cyanocobalamin)	1,000 mcg16,666
Magnesium (from Magnesium Ascorbate)	100 mg25
Zinc (from Zinc Gluconate).....	15 mg 100
Selenium (from L-Selenomethionine)	50 mcg71
Copper (from Copper Gluconate)	2mg 100
Alpha Lipoic Acid	500 mg*