

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount per Serving		% DV
Vitamin A (100% as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid and calcium ascorbate)	200 mg	333%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as natural d-alpha tocopherol & mixed tocotrienols)	50 IU	167%
Vitamin B1 (as thiamine)	4 mg	267%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinimide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Calcium (as calcium citrate)	250 mg	25%
Iron (as Ferrochel®)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	250 mg	63%
Zinc (as zinc oxide)	30 mg	200%
Selenium (as amino acid chelate)	140 mcg	200%
Copper (as gluconate)	2 mg	100%
Manganese (as gluconate)	2 mg	100%
Chromium (as picolinate)	200 mcg	167%
Molybdenum (as citrate)	75 mcg	100%

Other Ingredients

Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Stearic Acid.