

(12) Split display

Supplement Facts

Serving Size 1 Packet
Servings Per Container 10

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Vitamin A (from cod liver oil)	900 mcg 100%	Zinc (as zinc oxide)	11 mg 100%
Vitamin C (as ascorbic acid)	250 mg 278%	Selenium (as sodium selenate)	25 mcg 45%
Vitamin D (as ergocalciferol)	20 mcg 100%	Copper (as cupric oxide)	0.5 mg 56%
Vitamin E (as dl-alpha tocopherol)	75 mg 500%	Manganese (as manganese sulfate)	5 mg 217%
Thiamin (as thiamin mononitrate)	60 mg 5000%	Chromium (as chromium chloride)	50 mcg 143%
Riboflavin	60 mg 4615%	Molybdenum (as sodium molybdate)	50 mcg 111%
Niacin (as niacinamide)	60 mg 375%	Potassium (as potassium chloride)	10 mg <1%
Vitamin B ₆ (as pyridoxine hydrochloride)	60 mg 3529%	Choline (as choline chloride)	100 mg 18%
Folic acid	400 mcg DFE 100%	Betaine (as betaine hydrochloride)	25 mg *
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 4167%	Glutamic Acid (as L-glutamic acid)	25 mg *
Biotin	100 mcg 333%	Inositol (as inositol monophosphate)	75 mg *
Pantothenic Acid (as calcium pantothenate)	60 mg 1200%	para-Aminobenzoic acid	30 mg *
Calcium (from oyster shell)	130 mg 10%	Deoxyribonucleic acid	50 mg *
Iron (as ferrous fumarate)	10 mg 56%	Boron	500 mcg *
Iodine (from kelp)	150 mcg 100%		
Magnesium (as magnesium oxide)	63 mg 15%		

* Daily Value not established.

Other ingredients: Cellulose, stearic acid, and silica.