

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 (Ergocalciferol) | 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 |
| Manganese (from Manganese 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 * |
| Lutein | 25 mg * |