

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)	10000 IU	200 %
Vitamin C (as ascorbic acid)	500 mg	833 %
Vitamin D (as ergocalciferol)	100 IU	25 %
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667 %
Vitamin K (as phytonadione)	150 mcg	188 %
Thiamin (vitamin B-1) (as thiamine HCl)	75 mg	5,000 %
Riboflavin (vitamin B-2)	75 mg	4,412 %
Niacin (as niacinamide)	75 mg	375 %
Vitamin B-6 (as pyridoxine HCl)	75 mg	3,750 %
Folate (as folic acid)	400 mcg	100 %
Vitamin B-12 (as cyanocobalamin)	200 mcg	3,333 %
Biotin	300 mcg	100 %
Pantothenic Acid (as calcium pantothenate)	60 mg	600 %
Calcium (as aminoate complex)	250 mg	25 %
Iodine (from kelp)	150 mcg	100 %
Magnesium (as aminoate complex)	125 mg	31 %
Zinc (as monomethionine**)	30 mg	200 %
Selenium (as aminoate complex)	100 mcg	143 %
Copper (as aminoate complex)	1 mg	50 %
Manganese (as aminoate complex)	2 mg	100 %
Chromium (as polynicotinate***)	120 mcg	100 %
Molybdenum (as aminoate complex)	50 mcg	67 %
Spirulina	250 mg	†
Saw Palmetto Berry (<i>Serenoa repens</i>) (stand. 45% [27 mg] free fatty acids)	60 mg	†
Bee Pollen (Spanish)	50 mg	†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	40 mg	†
Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†
Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringen [11 mg])	25 mg	†
Herbal Antioxidant Complex	15 mg	†
Proprietary blend of Turmeric (<i>Curcuma longa</i> rhizome) (stand. 95% [4.75 mg] curcumin); Bilberry (<i>Vaccinium myrtillus</i> extract) (stand. 25% [1.25 mg])		

anthocyanosides); Green Tea (<i>Camellia sinensis</i> leaf) (decaffeinated) (stand. 50% [2.5 mg] polyphenols)		
<i>Rhodiola rosea</i> Root	10 mg	†
Alpha Lipoic Acid	10 mg	†
Pumpkin Seed (<i>Cucurbita maxima</i>)	10 mg	†
L-Glycine (free form amino acid)	10 mg	†
L-Alanine (free form amino acid)	10 mg	†
L-Glutamine (free form amino acid)	10 mg	†
Amylase (from brown rice fermentation)	5 mg	†
Lipase (from brown rice fermentation)	5 mg	†
Lactase (DairyMate®)	5 mg	†
Protease (from brown rice fermentation)	5 mg	†
Lutein‡ (active carotenoid from marigold flower extract)	2 mg	†
Lycopene (active carotenoid from tomato)	1 mg	†
† Daily Value (DV) not established.		

Other Ingredients:

Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, barley leaf, Irish moss (*Chondrus crispus*), thyme leaf, ligustrum berry, schisandra fruit, rice bran, pharmaceutical glaze

Mineral aminoates are whole brown rice chelates.

OptiZinc† brand zinc monomethionine and *ChromeMate® brand niacin-bound chromium are registered trademarks of InterHealth N.I.

‡FloraGLO® is a registered trademark of Kemin Industries, Inc.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.