

## 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)	100 IU	333 %
Vitamin K (as phytonadione)	150 mcg	188 %
Thiamin (vitamin B-1) (as thiamine HCl)	50 mg	3,333 %
Riboflavin (vitamin B-2)	50 mg	2,941 %
Niacin (as niacinamide)	50 mg	250 %
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500 %
Folate (as folic acid)	800 mcg	200 %
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)	500 mg	50 %
Iron (as aminoate complex)	18 mg	100 %
Iodine (from kelp)	150 mcg	100 %
Magnesium (as aminoate complex)	250 mg	63 %
Zinc (as monomethionine**)	15 mg	100 %
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	†
<b>Ostivone®</b> (ipriflavone)	50 mg	†
Bee Pollen (Spanish)	50 mg	†
Bromelain (from pineapple fruit) (24 gelatin digesting units)	40 mg	†
<b>Novasoy®</b> (soy extract) (stand. to 40% [16 mg] isoflavones)	40 mg	†
<b>Fem-Effect Complex</b>	40 mg	†

Proprietary blend of Chasteberry ( <i>Vitex agnus-castus</i> fruit) (stand. 0.5% [50 mcg] agnuside, 0.6% [60 mcg] aucubin); Damiana (whole herb); Dong Quai ( <i>Angelica sinensis</i> root); Black Cohosh ( <i>Cimicifuga racemosa</i> root and rhizome) (stand. 2.5% [0.25 mg] triterpene glycosides)		
Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†
Bioflavonoids (from <i>Citrus limon</i> exocarp) (active flavonols, flavonones, flavones & naringen [11 mg])	25 mg	†
<b>Herbal Antioxidant Complex</b>	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)		
Lipase (from brown rice fermentation)	10 mg	†
Amylase (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	†
Boron (as citrate)	1 mg	†
† Daily Value (DV) not established.		

**Other Ingredients:**

Microcrystalline cellulose, stearic acid, magnesium stearate, silica, astragalus root, young 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.

Novasoy® is a registered trademark of Archer Daniels Midland Co.

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.