

# Supplement Facts

Serving Size: 3 Tablets  
Servings per Container: 30

	Amount per Serving	%DV
Vitamin A (as beta carotene)	4000 IU	80%
Vitamin C (as ascorbic acid)	400 mg	670%
Vitamin D3 (as cholecalciferol)	130 IU	30%
Vitamin E (as d-alpha tocopheryl acetate)	100 IU	330%
Thiamin (as thiamine HCl)	20 mg	1330%
Riboflavin	20 mg	1180%
Niacin (as inositol hexanicotinate)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Folate (calcium 5-methylfolate)	150 mcg	40%
Vitamin B-12 (as methylcobalamin)	40 mcg	670%
Biotin	20 mcg	10%
Pantothenic Acid (as calcium pantothenate)	30 mg	300%
Calcium (from hydroxylapatite, phosphate)	400 mg	40%
Iron (from ferrous fumarate)	2 mg	10%
Iodine (from kelp)	40 mcg	30%
Magnesium (from magnesium amino acid chelate)	100 mg	25%

	Amount per Serving	%DV
Zinc (from zinc amino acid chelate)	4 mg	30%
Selenium (from selenium amino acid chelate)	60 mcg	85%
Copper (from copper amino acid chelate)	0.5 mg	25%
Manganese (from manganese amino acid chelate)	2 mg	100%
Chromium (from chromium picolinate)	40 mcg	35%
Potassium (from potassium citrate)	120 mg	4%
L-Cysteine (from L-cystein HCl)	100 mg	*
DL-Methionine	30 mg	*
Para-aminobenzoic Acid	30 mg	*
Inositol	20 mg	*
Chondroitin Sulfate (from bovine)	14 mg	*
Dimethylglycine	14 mg	*
Thymus Gland Powder (from bovine)	14 mg	*
Ginkgo Leaf ( <i>Ginkgo biloba</i> ) p.e.** 24% [2.4 mg] ginkgo flavone glycosides	10 mg	*
L-Carnitine (tartrate)	10 mg	*
Bilberry Fruit ( <i>Vaccinium myrtillus</i> ) p.e.** 25% [2 mg] anthocyanidins	8 mg	*
Co-enzyme Q-10	4 mg	*
Hawthorn Berry ( <i>Crataegus sp.</i> )	4 mg	*

\*Daily Value (DV) not established. \*\*Standardized powdered extract

**OTHER INGREDIENTS:** Microcrystalline cellulose, plant cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silica and pharmaceutical glaze.