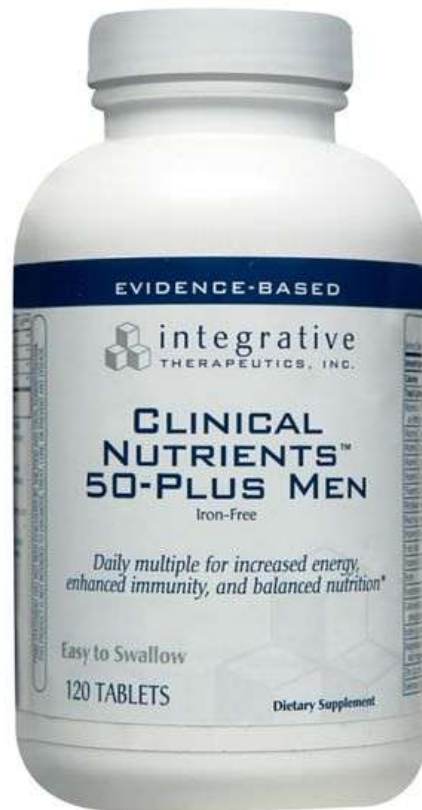


Supplement Facts

Serving Size 4 tablets

Servings per container 30

Amount per 4 tablets		%DV***
Calories	10	
Total Carbohydrate	2 g	<1%***
Vitamin A (75% as beta carotene and as retinyl acetate)	5,000 IU	100%
Vitamin C (ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	800 IU	200%
Vitamin E (as natural mixed tocopherols)	67 IU	223%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin HCl) (vitamin B1)	60 mg	4,000%
Riboflavin (vitamin B2)	60 mg	3,529%
Niacin (as niacinamide and niacin)	120 mg	600%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,250%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	800 mcg	13,333%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000%
Calcium (as calcium carbonate, tricalcium phosphate, and calcium citrate)	400 mg	40%
Iodine (as potassium iodide)	300 mcg	200%
Magnesium (as magnesium aspartate and magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	18 mg	120%
Selenium (as L-selenomethionine)	200 mcg	286%



Amount per 4 tablets		%DV***
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium picolinate)	200 mcg	167%
Molybdenum (as sodium molybdate)	75 mcg	100%
Sodium	10 mg	<1%
Potassium (as potassium aspartate)	100 mg	3%
Choline Bitartrate	275 mg	**
Cinnamon (<i>Cinnamomum cassia</i>) Bark Extract	200 mg	**
Antioxidant Blend: sweet cherry fruit extract, green tea leaf extract, grape seed extract, pomegranate fruit extract, and giant knotweed root and rhizome extract containing 50% resveratrol	112 mg	**
Digestive Blend*: ginger rhizome extract, black radish root, and dandelion root extract	86 mg	**
Saw Palmetto (<i>Serenoa repens</i>) Berry Extract 4:1	80 mg	**
Vegetable Blend: broccoli flower, cabbage leaf, tomato fruit, carrot root, collard greens, mustard greens, kale leaf, and spinach leaf	40 mg	**
Inositol	30 mg	**
Betaine HCl	25 mg	**
Panax Ginseng Root Extract standardized to contain 7% ginsenosides	15 mg	**
Blueberry (<i>Vaccinium myrtillus</i>) Fruit Extract 4:1	10 mg	**
Boron (as sodium borate)	3 mg	**

Amount per 4 tablets		%DV***
Lycopene	2 mg	**
Lutein	1.5 mg	**
Vanadium (as vanadyl sulfate)	150 mcg	**
Zeaxanthin	75 mcg	**

***Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: cellulose, modified cellulose, modified cellulose gum, stearic acid, magnesium stearate, acacia, silicon dioxide, organic spirulina, soy lecithin, vegetable glycerin, and soybean oil.

Recommendations: Take 4 tablets daily with water to activate easy to swallow tablet coating. May take 2 tablets twice daily. Best if taken with food.

If taking prescription drugs, consult your healthcare practitioner prior to use. Not intended for use by pregnant or nursing women.

Contains no sugar, yeast, wheat, gluten, corn, dairy products, artificial coloring, artificial flavoring, or preservatives. This product contains natural ingredients; color variations are normal.

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