

# Supplement Facts<sup>v7</sup>

Serving Size 3 Tablets  
Servings Per Container 30 & 60

3 tablets contain	Amount Per Serving	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid)	500 mg	833%
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate USP)	100 IU	333%
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK-7))	62.5 mcg	78%
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	1,667%
Riboflavin (Vitamin B2 USP)	25 mg	1,470%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	1,850%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%
Calcium (as DimaCal® Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	10%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Lysinate Glycinate Chelate)	200 mg	50%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	50%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	100%
Chromium (as O-Polynicotinate)†	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Potassium Citrate USP)	50 mg	1%
Choline Bitartrate	50 mg	*
Inositol NF	50 mg	*
Mixed Tocopherols	50 mg	*
Rutin	25 mg	*
Boron (as Bororganic™ Glycine)	1 mg	*
Vanadyl Sulfate Hydrate	1 mg	*

\* Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Silicon Dioxide, Sodium Stearyl Fumarate, Stearic Acid, and Magnesium Silicate. Coating Material: Lecithin (Soy), Sodium Carboxymethylcellulose, Dextrin, Dextrose, Sodium Citrate, and Black Elderberry Extract.