

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 15 & 30

4 capsules contain	Amount Per Serving	% Daily Value	4 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (as Natural Beta Carotene)	5,000 IU	100%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	50%
Vitamin C (as Ascorbic Acid USP)	250 mg	417%	Chromium (as O-polynicotinate)‡	50 mcg	42%
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%	Potassium (as Potassium Citrate USP)	30 mg	<1%
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,000%	N-Acetyl-L-Cysteine USP	600 mg	*
Riboflavin (Vitamin B2 USP)	15 mg	882%	Acetyl L-Carnitine Hydrochloride	500 mg	*
Niacin (as Niacinamide USP)	15 mg	75%	Malic Acid (as DiMagnesium Malate)	215 mg	*
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	750%	Alpha Lipoic Acid	200 mg	*
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	800 mcg	200%	Mixed Tocopherols	50 mg	*
Vitamin B12 (as Methylcobalamin)	250 mcg	4,167%	Green Tea Leaf Extract (Standardized to contain 45% EGCg (Epigallocatechin gallate))	45 mg	*
Biotin	50 mcg	17%	Broccoli Seed Extract (truebroc™) (Standardized to contain 13% Sulforaphane Glucosinolate)	40 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	150%	Choline (as Choline Bitartrate)	15 mg	
Calcium (as Calcium Citrate USP)	75 mg	8%	Inositol NF	15 mg	*
Iodine (from Potassium Iodide)	37 mcg	25%	<i>trans</i> -Resveratrol (from Polygonum cuspidatum)	10 mg	*
Magnesium (as DiMagnesium Malate)	75 mg	19%			
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	33%			
Selenium (as Selenium Glycinate Complex)	75 mcg	107%			

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Ascorbyl Palmitate, Magnesium Stearate, Magnesium Silicate and Silicon Dioxide.