

# Supplement Facts

Serving Size 1 Packet (5 capsules, 2 softgels, 3 tablets) • Servings Per Container 60

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Calories	20	Iron (as ferrous bisglycinate chelate***)	3.3 mg 18%
Calories from Fat	20	Iodine (from kelp)	63 mcg 42%
Total Fat	2 g 3%†	Magnesium (66% as magnesium glycinate chelate*** and 34% as magnesium aspartate complex)	183 mg 46%
Saturated Fat	0 g 0%†	Zinc (as zinc glycinate chelate***)	7.1 mg 47%
Polyunsaturated Fat	2 g *	Selenium (as selenium amino acid complex)	83 mcg 119%
Vitamin A (33% (1,250 I.U.) from fish liver oil and 67% (2,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> )	3,750 I.U. 75%	Copper (as copper glycinate chelate***)	0.8 mg 40%
Vitamin C (as calcium ascorbate and magnesium-potassium ascorbate complex)	1,200 mg 2000%	Manganese (as manganese glycinate chelate***)	4.2 mg 210%
Vitamin D <sub>3</sub> (as cholecalciferol)	133 I.U. 33%	Chromium (80% as chromium polynicotinate**** and 20% as chromium nicotinate glycinate chelate***)	83 mcg 69%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	67 I.U. 223%	Molybdenum (as molybdenum glycinate chelate***)	63 mcg 84%
Vitamin K <sub>1</sub> (as phytonadione)	10 mcg 13%	Potassium (as potassium aspartate and as potassium aspartate-ascorbate complex)	42 mg 1%
Thiamine (as thiamine hydrochloride USP)	16.7 mg 1113%	Boron (as boron aspartate-citrate)	0.8 mg *
Riboflavin USP	8.3 mg 4881%	Vanadium (as bisglycinate oxovanadium)	42 mcg *
Niacin (75% as niacinamide USP and 25% as niacin USP)	33 mg 165%	Choline (as choline bitartrate)	25 mg *
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	8.3 mg 417%	Inositol	8.3 mg *
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	133 mcg** 33%	<i>para</i> -Aminobenzoic Acid USP	8.3 mg *
Vitamin B <sub>12</sub> (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	33.3 mcg 555%	Citrus Bioflavonoids (14.5 mg as citrus bioflavonoid complex, min. 17 mg 50% bioflavonoids, and 2.5 mg as hesperidin methylchalcone)	17 mg *
Biotin USP	50 mcg 17%	Proprietary Formula Supplying L-Glutamine, L-Tyrosine, L-5-Hydroxytryptophan, and High Phosphatide Lecithin (from soy)	4,500 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	67 mg 667%		
Calcium (89% as calcium citrate-malate and 11% as calcium ascorbate)	183 mg 18%		

\*Daily Value not established.

Other ingredients: Gelatin, Vcaps™ vegetarian capsule (hydroxypropyl methylcellulose, water), glycerin, cellulose, carboxymethylcellulose sodium, silicon dioxide, stearic acid, magnesium stearate, vegetable gum, L-leucine, and cellulose coating.

\*\*Amount of active isomers from mixed isomer forms.

\*\*\*Albion Laboratories

\*\*\*\*ChromeMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.