

Supplement Facts

Serving Size: 1 packet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	20		Iodine (from kelp).....	100 mcg	67%
Calories from Fat.....	20		Magnesium (as magnesium glycinate and magnesium ascorbate)	100 mg	25%
Total Fat.....	2 g	3%†	Zinc (as zinc gluconate)	15 mg	100%
Saturated Fat	0 g	0%†	Selenium (from vegetable culture ††)	50 mcg	71%
Cholesterol	0 mg	0%	Copper (as copper gluconate)	2 mg	100%
Vitamin A (as natural mixed carotenoids and palmitate) (IU ratio 1:1)	5,000 IU	100%	Manganese (as manganese gluconate)	2 mg	100%
Vitamin C (as ascorbic acid and magnesium ascorbate)	200 mg	333%	Chromium (from vegetable culture ††)	50 mcg	42%
Vitamin D (as cholecalciferol)	200 IU	50%	Potassium (as potassium chloride).....	99 mg	3%
Vitamin E (as d-alpha tocopheryl acetate) (emulsified)	400 IU	1,333%	Boron (as calcium borogluconate)	1 mg	*
Vitamin K (as phytonadione).....	10 mcg	13%	Rubidium (from vegetable culture ††)	20 mcg	*
Thiamin (B1) (as cocarboxylase chloride)	3 mg	200%	Vanadium (from vegetable culture ††).....	10 mcg	*
Riboflavin (as riboflavin-5-phosphate)	4 mg	240%	Coenzyme Q10 (emulsified)	30 mg	*
Niacin (as niacinamide).....	100 mg	500%	N-Acetyl-L-Cysteine	50 mg	*
Vitamin B6 (as pyridoxal-5-phosphate)	8 mg	400%	L-Methionine	100 mg	*
Folate (as calcium folinate)	800 mcg	200%	Taurine	150 mg	*
Vitamin B12 (as methylcobalamin)	17 mcg	280%	Purified Chondroitin Sulfates (bovine).....	300 mg	*
Biotin	300 mcg	100%	Flax Seed Oil.....	2,000 mg	*
Pantothenic Acid (as calcium pantothenate) ...	12 mg	120%	Superoxide Dismutase (from vegetable culture ††)	30 mcg	*
Calcium (as calcium citrate)	100 mg	10%	Catalase (from vegetable culture ††).....	30 mcg	*

† Percent Daily Value based on a 2,000 calorie diet.

* Daily Value not established

Other ingredients: Capsule shell (gelatin, glycerin and water), magnesium stearate (vegetable source), and gum arabic.

†† Specially grown, biologically active vegetable culture containing **Phytochemically Bound Trace Elements™** and/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

This product is gluten and dairy free.

RECOMMENDATION: One (1) packet each day as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION: Not recommended for pregnant women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety
seal for your protection.