

SUPPLEMENT FACTS

Serving Size: 1 caplet

	<i>Amount Per Serving</i>	<i>%DV</i>
Vitamin A (Beta Carotene)	4,444 IU	89
Vitamin D (Cholecalciferol)	184 IU	44
Vitamin E (D-Alpha tocopheny/Acetate)	22 IU	74
Vitamin C (Ascorbic Acid)	219mg	37
Niacinamide	.9mg	44
Pantothenic Acid	4mg	0.44
Thiamine	1.3mg	..89
Riboflavin	1.3mg	0.78
Pyridoxine HCL	1.3mg	67
Folic Acid	178mcg	44
Biotin	67mcg	22
Vitamin B-12 100%	67mcg	333
Lysine HCL	25mg	*
Arginine	25mg	*

MINERAL SPECTRUM

Calcium (Aquamin TM)	.400mg	10
Magnesium citrate	333mg	33
EDTA	200mg	*
Phosphorus (Potassium Phosphate)	.23mg	2
Zinc citrate	.9mg	20
Potassium citrate	7mg	*
Glutathione	2.2mg	*
Manganese gluconate	2.2mg	*
Copper gluconate	0.6mg	8
Potassium Iodide	60mcg	30
Sodium Molybdate	11mcg	*
Boron Chelate	.11mcg	*
Vanadyl Sulfate	11mcg	*
Selenomethionine	.10mcg	8

Other ingredients: Plant fiber, stearic acid, crosscarmellose sodium, and magnesium stearate, pharmaceutical glaze.

* Daily value not established.