

# BASE KIT INGREDIENTS

## OMEGA 35

serving size; 1 capsule

	Amount Per Serving	%Daily Value
Calories	5	
Total Fat	0.5 g	1%†
MaxSimil® Fish Oil Concentrate	650 mg	**
Total Omega-3 Fatty Acids	430 mg	**
EPA (eicosapentaenoic acid)	300 mg	**
DHA (docosahexaenoic acid)	130 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

## IRON

serving size; 1 capsule

	Amount Per Serving	%Daily Value
Iron (as Ferrochel® ferrous bisglycinate chelate)	29 mg	161%

**Other Ingredients:** Microcrystalline cellulose, HPMC (capsule), stearic acid, magnesium stearate, and silica.

## DAILY MULTI-VITAMIN

serving size; 2 capsules

	Amount Per Serving	%DV		Amount Per Serving	%DV
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1120 mcg	124%	Iodine (as potassium iodide)	50 mcg	33%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%	Magnesium (as Albion® di-magnesium malate)	50 mg	12%
Vitamin D3 (cholecalciferol)	2.5 mcg (100 IU)	13%	Zinc (as TRAACS® zinc bisglycinate chelate)	6.5 mg	59%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg	447%	Selenium (as Albion® selenium glycinate complex)	50 mcg	91%
Thiamin (as thiamine mononitrate)	10 mg	833%	Copper (as TRAACS® copper bisglycinate chelate)	0.5 mg	56%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	769%	Manganese (as TRAACS® manganese bisglycinate chelate)	0.25 mg	11%
Niacin (as niacinamide and niacin)	32 mg	200%	Chromium (as TRAACS® chromium nicotinate glycinate chelate)	250 mcg	714%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%	Molybdenum (as TRAACS® molybdenum glycinate chelate)	25 mcg	56%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg DFE	50%	Potassium (as Albion® potassium glycinate complex and potassium ascorbate)	49.5 mg	1%
Vitamin B12 (as MecobalActive™ methylcobalamin)	250 mcg	10,417%	Inositol	18 mg	**
Biotin	500 mcg	1667%	PABA (para-aminobenzoic acid)	6.5 mg	**
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%	Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	375 mcg	**
Choline (as choline dihydrogen citrate)	18 mg	3%			
Calcium (as DimaCal® di-calcium malate, d-calcium pantothenate, and calcium ascorbate)	50 mg	4%			

\*\* Daily Value (DV) not established.