

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30 & 60

1 packet contains	Amount Per Serving	% Daily Value	1 packet contains	Amount Per Serving	% Daily Value
Calories	15		Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	50%
Calories from Fat	15		Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	100%
Total Fat	1.5 g	2%*	Chromium (as O-polynicotinate)†	200 mcg	167%
Cholesterol	<5 mg	<2%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%	Potassium (as Potassium Citrate USP)	50 mg	1%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	833%	Total Omega-3s (as Triglycerides)	950 mg	**
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%	EPA (Eicosapentaenoic Acid)	430 mg	**
Vitamin E (as d-Alpha Tocopherol Succinate USP)	100 IU	333%	DHA (Docosahexaenoic Acid)	390 mg	**
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK-7))	62.5 mcg	78%	Omega-3s (additional)	130 mg	**
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	1,667%	Turmeric Root Extract (Standardized to contain 95% Curcuminoids)	200 mg	**
Riboflavin (Vitamin B2 USP)	25 mg	1,471%	Broccoli Seed Extract (truebroc™) (Standardized to contain 13% Glucoraphanin)	115 mg	**
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%	Choline Bitartrate	50 mg	**
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	1,850%	Inositol NF	50 mg	**
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%	Mixed Tocopherols	50 mg	**
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%	<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	50 mg	**
Biotin	200 mcg	67%	Pterostilbene (pTeroPure™)	30 mg	**
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%	Rutin	25 mg	**
Calcium (as DimaCal® Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	10%	Boron (as Bororganic™ Glycine)	1.5 mg	**
Iodine (from Kelp)	112 mcg	75%	Vanadyl Sulfate Hydrate	1 mg	**
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Lysinate Glycinate Chelate)	200 mg	50%			
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	67%			
Selenium (as Selenium Glycinate Complex)	100 mcg	143%			

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Calcium Silicate, Highly Refined and Concentrated Omega-3 Fish Oil (**anchovy**), Capsule Shell (gelatin, glycerin, purified water), Natural Lemon/Lime Flavor, and a Proprietary Antioxidant Blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate).