

# Supplement Facts<sup>V1</sup>

Serving Size 3 Capsules  
Servings Per Container 30

<b>3 capsules contain</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Vitamin A (as Palmitate)	5,000 IU	100%
Vitamin D3 (as Cholecalciferol)	50 IU	13%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	100 mcg	1,667%
Biotin	500 mcg	167%
Selenium (as Selenium Glycinate Complex)	25 mcg	36%
Methylsulfonylmethane	325 mg	*
Horsetail ( <i>Equisetum arvense</i> ) (Aerial Parts)	250 mg	*
Saw Palmetto Extract ( <i>Serenoa repens</i> ) (Berry) (Standardized to contain 45% Fatty Acids)	240 mg	*
Stinging Nettle ( <i>Urtica dioica</i> ) (Leaves)	240 mg	*
Fo-ti ( <i>Polygonum multiflorum</i> ) (Root)	200 mg	*
para-Aminobenzoic Acid (PABA USP)	150 mg	*
Betaine Hydrochloride USP	100 mg	*

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules and Magnesium Stearate.