

# Supplement Facts <sup>V14</sup>

Serving Size 2 Packets  
Servings Per Container 30

	Amount Per AM Packet	% Daily Value	Amount Per PM Packet	% Daily Value	Amount Per 2 Packets	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	2,000 IU	40%	2,000 IU	40%	4,000 IU	80%
Vitamin C (as Ascorbic Acid USP)	333 mg	555%	167 mg	278%	500 mg	833%
Vitamin D3 (as Cholecalciferol)	500 IU	125%	500 IU	125%	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate USP)	25 IU	83%	25 IU	83%	50 IU	167%
Vitamin K (2 packets provide 500 mcg K1 as Phytonadione, 25 mcg K2 as Menaquinone-7 (MK-7))	262.5 mcg	328%	262.5 mcg	328%	525 mcg	656%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	1,667%	25 mg	1,667%	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	15 mg	882%	15 mg	882%	30 mg	1,765%
Niacin (as Niacin USP, Niacinamide USP)	15 mg	75%	15 mg	75%	30 mg	150%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	25 mg	1,250%	25 mg	1,250%	50 mg	2,500%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%	400 mcg	100%	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	250 mcg	4,167%	250 mcg	4,167%	500 mcg	8,333%
Biotin	150 mcg	50%	150 mcg	50%	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate USP)	25 mg	250%	25 mg	250%	50 mg	500%
Calcium (as Calcium Hydroxyapatite, DimaCal® Dicalcium Malate)	0 mg	0%	1,000 mg	100%	1,000 mg	100%
Phosphorus (as Calcium Hydroxyapatite)	0 mg	0%	360 mg	36%	360 mg	36%
Iodine (from Kelp)	75 mcg	50%	75 mcg	50%	150 mcg	100%
Magnesium (as DiMagnesium Malate, Magnesium Citrate USP, TRAACS® Magnesium Lysinate Glycinate Chelate)	267 mg	67%	133 mg	33%	400 mg	100%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	7.5 mg	50%	7.5 mg	50%	15 mg	100%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%	100 mcg	143%	200 mcg	286%
Copper (as TRAACS® Copper Bisglycinate Chelate)	0.5 mg	25%	0.5 mg	25%	1 mg	50%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2.5 mg	125%	2.5 mg	125%	5 mg	250%
Chromium (as O-polynicotinate)‡	100 mcg	83%	100 mcg	83%	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	75 mcg	100%	75 mcg	100%	150 mcg	200%
Strontium Citrate	1 g	*	0 mg	*	1 g	*
Boron (as Bororganic™ Glycine)	2.5 mg	*	2.5 mg	*	5 mg	*

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.