

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 15 & 30

4 capsules contain	Amount Per Serving	% Daily Value	4 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	167%	Selenium (as Selenium Glycinate Complex)	75 mcg	136%
Vitamin C (as Ascorbic Acid USP)	250 mg	278%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%	Chromium (as O-polynicotinate)†	50 mcg	143%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,250%	Potassium (as Potassium Citrate USP)	30 mg	<1%
Riboflavin (Vitamin B2 USP)	15 mg	1,154%	N-Acetyl-L-Cysteine USP	600 mg	*
Niacin (as Niacinamide USP)	15 mg	94%	Acetyl L-Carnitine Hydrochloride	500 mg	*
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	882%	Malic Acid (as DiMagnesium Malate)	215 mg	*
Folate (from 800 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,360 mcg DFE	340%	Alpha Lipoic Acid	200 mg	*
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%	Mixed Tocopherols	50 mg	*
Biotin	50 mcg	167%	Green Tea Leaf Extract (Standardized to contain 45% EGCg (Epigallocatechin gallate))	45 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	300%	Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Glucoraphanin)	40 mg	*
Choline (as Choline Bitartrate)	15 mg	3%	Inositol NF	15 mg	*
Calcium (as Calcium Citrate USP)	75 mg	6%	<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))	10 mg	*
Iodine (from Potassium Iodide)	37 mcg	25%			
Magnesium (as DiMagnesium Malate)	75 mg	18%			
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%			

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Ascorbyl Palmitate, Magnesium Stearate, Magnesium Silicate and Silicon Dioxide.