

Multivitamin

Supplement Facts		
Serving Size 2 Tablets		
Servings per container 30		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	250 mcg	28%
Vitamin C (as Calcium Ascorbate)	20 mg	22%
Vitamin D3 (Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-Alpha Tocopherol)	4 mg	27%
Vitamin B6 (as Pyridoxal-5-Phosphate)	0.8 mg	47%
Vitamin B12 (as Methylcobalamin)	2.4 mcg	100%
Choline (as Choline Bitartrate)	110 mg	20%
Calcium (from Calcareous Marine Algae) (<i>Lithothamnion sp.</i>) whole plant	100 mg	8%
Magnesium (as Magnesium Hydroxide from seawater)	90 mg	21%
Potassium (as Potassium Citrate)	90 mg	2%
Silica (from Bamboo extract, <i>Bambusa vulgaris</i>) stem and leaf	20 mg	*
Boron (as Rice Protein Chelate)	2 mg	*
Mixed Tocopherols (d-Beta, d-Gamma, d-Delta tocopherol)	1 mg	*
Vitamin K2 (as Menaquinone-7 from natto)	45 mcg	*
*Daily Value not established.		

Other Ingredients: Cellulose, Maltodextrin, Acacia, Ground Annatto Seed Powder (color), Guar Gum, Rice Extract Blend (Rice Extract, Rice Hulls, Acacia, Sunflower Oil), Silicon Dioxide, Mixed Tocopherols (to preserve freshness), Film Coating (Hydromellose, Glycerin).

Keep out of reach of children.

Contact Us
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