

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (5,000 I.U. Beta Carotene/ 10,000 I.U. Fish Liver Oil (Cod/Menhaden).....	15,000 I.U.	300 %
Vitamin C (Ascorbic Acid)	250 mg	416 %
Vitamin D (Cholecalciferol) (Fish Liver Oil) (Cod/Menhaden)	400 I.U.	100 %
Vitamin E (D-Alpha Tocopheryl Succinate)	400 I.U.	500 %
Vitamin B1 (Thiamine)	100 mg	6666 %
Vitamin B2 (Riboflavin)	100 mg	5882 %
Niacin (Niacinamide)	100 mg	500 %
Vitamin B6 (Pyridoxine HCl).....	100 mg	5000 %
Folic Acid	400 mcg	100 %
Vitamin B12 (Cyanocobalamin)	100 mcg	1666 %
Pantothenic Acid (d-Calcium Pantothenate).....	100 mg	33 %
Biotin	100 mcg	1000 %
Calcium (Citrate)	50 mg	5 %
Iron (Ferrous Fumarate).....	18 mg	100 %
Phosphrous (Dicalcium Phosphate)	100 mg	10 %
Iodine (Kelp) (<i>Ascophyllum nodosum</i>) /(Potassium Iodide)	150 mcg	100 %
Magnesium (Citrate).....	7.2 mg	1.8 %
Zinc (Citrate).....	15 mg	100 %
Selenium (Amino Acid Chelate).....	25 mcg	36 %
Copper (Gluconate).....	250 mcg	13 %
Manganese (Citrate).....	6 mg	300 %
Chromium (Amino Acid Chelate) (soy).....	25 mcg	20 %
Potassium (Citrate).....	10 mg	<1 %
Choline (Bitartrate)	100 mg	*
Inositol	100 mg	*
Para Amino Benzoic Acid	100 mg	*
Bioflavonoids (Citrus)	25 mg	*
Rutin	25 mg	*
Glutamic Acid	25 mg	*
Betaine	25 mg	*
Hesperidin (Citrus)	5 mg	*

* Daily Value not established

Other Ingredients: Stearic Acid, Silica, Vanilla Flavor (soy), Watercress (*Rorippa nasturtium-aquaticum*) (L.), Parsley (*Petroselinum crispum*) (L.), Alfalfa (*Medicago Sativa*) (L.), Lecithin, Rice Protein Powder, Chromaseal, Zein and Food Glaze Coatings.

WARNING: Accidental overdose of iron-containing products is the leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CONTAINS NO yeast, sugar, dairy, gluten, artificial colors, flavors or preservatives.