

Supplement Facts

Serving size 1 tablet

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Vitamin A (as beta carotene) 180 mcg RAE	20%	Pantothenic Acid (as d-calcium pantothenate) 5 mg	100%
Vitamin C (as ascorbic acid) 90 mg	100%	Iodine (as fermented iodine glycinate) 80 mcg	53%
Vitamin D3 (as fermented cholecalciferol) 40 mcg	200%	Zinc (as zinc bisglycinate) 9.5 mg	86%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 12 mg	80%	Selenium (as fermented selenium glycinate) 55 mcg	100%
Vitamin K (as phytonadione) 80 mcg	67%	Manganese (as fermented manganese bisglycinate) 2.3 mg	100%
Thiamin (as thiamine hydrochloride) 1.2 mg	100%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Riboflavin (as riboflavin) 1.3 mg	100%	Molybdenum (as fermented molybdenum bisglycinate) 45 mcg	100%
Niacin (as niacinamide) 16 mg NE	100%	Food Blend 256 mg	**
Vitamin B6 (as pyridoxine hydrochloride) 3 mg	176%	Organic orange, organic brown rice, organic cranberry, organic blueberry, carrot, cabbage, organic broccoli	
Folate (as calcium L-5-methyltetrahydrofolate) 200 mcg DFE (120 mcg L-5-MTHF)	50%		
Vitamin B12 (as methylcobalamin) 4.8 mcg	200%		
Biotin (as biotin) 55 mcg	183%		

** Daily Value not established

Other Ingredients: Microcrystalline cellulose, ferment media (rice protein, autolyzed yeast extract, organic brown rice, yeast [inactive]), rice protein, silicon dioxide, stearic acid, autolyzed yeast extract, tapioca food starch, hypromellose.

