

Supplement Facts

Amount per serving	% Daily Value
Vitamin A (as beta carotene) 370 mcg RAE	41%
Vitamin C (as ascorbic acid) 60 mg	67%
Vitamin D3 (as fermented cholecalciferol) 10 mcg	50%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 10 mg	67%
Vitamin K (as phytonadione) 75 mcg	63%
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride) 4 mg	235%
Folate (as folic acid) 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	200%
Iron (as fermented iron bisglycinate) 9 mg	50%
Iodine (as fermented iodine glycinate) 100 mcg	67%
Zinc (as fermented zinc bisglycinate) 9 mg	82%

Amount per serving	% Daily Value
Selenium (as fermented selenium glycinate) 18 mcg	33%
Copper (as fermented copper bisglycinate) 0.04 mg	4%
Manganese (as fermented manganese bisglycinate) 2 mg	87%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 40 mcg	114%
Molybdenum (as fermented molybdenum bisglycinate) 37 mcg	82%
Boron (as fermented boron glycinate) 500 mcg	**
Food & Herb Blend 275 mg	**
Organic brown rice, organic orange, carrot, organic chaste tree fruit, organic astragalus root, organic eleuthero root, cabbage head, organic cranberry, organic ashwagandha root, organic ginger root, organic nettle leaf, organic schisandra fruit, organic blueberry, organic broccoli head, organic dandelion leaf, organic dandelion root, organic red raspberry leaf, organic rosemary leaf, organic horsetail leaf, organic shiitake mushroom.	
** Daily Value not established	

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), microcrystalline cellulose, rice protein, silicon dioxide, stearic acid, autolyzed yeast extract, hypromellose.

