



VITAMINS | MINERALS | HERBS | FREE OF ADDITIVES & CONTAMINANTS

Serving Size: 3 Tablets

Serving per container: 30

Ingredients	Amount Per Serving	units	%DV
Vitamin A (Beta Carotene)	7500	iu	150
Vitamin C (calcium ascorbate)	75	mg	125
Vitamin D (as colecalciferol)	2000	iu	500
Vitamin E (d-alpha Tocopherol)	200	iu	667
Thiamin (as Thiamin Mononitrate)	30	mg	2000
Riboflavin (Vitamin B2)	20	mg	1176
Niacin (Niacinimide)	30	mg	150
Vitamin B6 (as pyroxidine)	20	mg	1000
Folic Acid	800	mcg	200
Vitamin B12 (Methylcobalamin)	30	mcg	500
Biotin	300	mcg	100
Pantothenic Acid (d-Calcium Pantothenate)	30	mg	300
Calcium (Calcium Citrate)	200	mg	20
Iodine (Potassium Iodide)	150	mcg	100
Magnesium (Amino Acid Chelate)	100	mg	25
Zinc (Amino Acid Chelate)	15	mg	100
Selenium (Selenomethionine)	200	mcg	286
Copper (Amino Acid Chelate)	1	mg	50
Manganese (Amino Acid Chelate)	5	mg	250
Chromium (Chromium Picolinate)	100	mcg	83
Molybendium (Amino Acid Chelate)	50	mcg	67
Boron (Amino Acid Chelate)	2	mg	**
Vanadium (Vanadyl Sulfate)	20	mcg	**
Citrus Bioflavonoids	25	mg	**
Choline (Choline Bitartrate)	10	mg	**
Inositol	10	mg	**
Grape Seed Extract	10	mg	**

Ingredients	Amount Per Serving	units	%DV
Co Enzyme Q10	15	mg	**
Alpha Lipoic Acid	15	mg	**
N-Acetyl L-Cystine	30	mg	**
Resveratrol	2	mg	**
Tocotrienols	500	mcg	**
Mixed Carotenoids	3.25	mg	**
- Alpha Carotene			
- Lutein			
- Lycopene			
- Zeaxanthin			
- Astaxanthin			
- Other Carotenoids			
Mixed Tocopherols	35	mg	**
- d-Beta Tocopherol			
- d-Gamma Tocopherol			
- d-Delta Tocopherol			
O-Harmony Blend	180	mg	**
- Dong Quai			
- Red Raspberry			
- Black Cohosh			
- Chaste Tree Berry			
- Deodorized Garlic			
- Ginger			
- Evening Primrose Oil			

Other Ingredients: Modified Cellulose, Stearic Acid, Maltodextrin ,Cellulose, Silicone Dioxide, Magnesium Stearate, Natural Vanilla Flavor, Sunflower Lecethin, Palm Olein, Guar Gum. Contains soy ingredients.

% Daily Values based on 2000 calorie diet.

** Daily Value (DV) not established