



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) | 90 | mg | 150 |
| 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 | 400 | mcg | 100 |
| 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 | 285 |
| 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 | ** |
| Co Enzyme Q10 | 15 | mg | ** |

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|--------------------------|--------------------|-------|-----|
| 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-Precision Herbal Blend | 325 | mg | ** |
| - Saw Palmetto | | | |
| - Damiana Ext | | | |
| - Panax Ginseng | | | |
| - Oat Straw | | | |
| - Deodorized Garlic | | | |
| - Pumpkin | | | |
| - Nettle Root | | | |
| - dl Methionine | | | |

Other Ingredients: Modified Cellulose, Stearic Acid, Maltodextrin, Silicone Dioxide, Cellulose, 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