



Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 100		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	750 mcg	83%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D (as cholecalciferol)	5 mcg	25%
Vitamin E (as di-Alpha tocopheryl acetate)	13.5 mg	90%
Vitamin B-1 (as thiamin mononitrate)	3 mg	250%
Vitamin B-2 (as riboflavin)	3.4 mg	262%
Niacin (as niacinamide)	30 mg	188%
Vitamin B-6 (as pyridoxine HCl)	3 mg	176%
Folate	670 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as cyanocobalamin)	9 mcg	375%
Biotin	15 mcg	50%
Pantothenic Acid (as D-calcium Pantothenate)	10 mg	200%
Zinc (as zinc sulfate USP)	50 mg	455%

Other ingredients: gelatin (bovine), rice powder, vegetable magnesium stearate, and silicon dioxide

Suggested use: 1-4 capsules daily as recommended by a physician

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
To avoid GI distress, take with food.