

# Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

	Amount Per Serving	%DV
Vitamin A (as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid)	45 mg	50%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	20 mg	1667%
Riboflavin (vitamin B2)	20 mg	1538%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1176%
Folate (as folic acid)	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin)	10 mcg	417%
Biotin	50 mcg	167%
Pantothenic Acid (as calcium pantothenate)	13 mg	260%
Choline (as choline bitartrate)	55 mg	10%
Calcium (from mineral-rich red algae)	25 mg	2%
Iodine (from inactivated <i>Saccharomyces cerevisiae</i> )	150 mcg	100%
Magnesium (as marine magnesium extract from sea water)	50 mg	12%
Zinc (as zinc citrate)	11 mg	100%
Selenium (as selenomethionine)	55 mcg	100%
Copper (as copper amino acid chelate)	0.9 mg	100%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium picolinate)	100 mcg	286%
Molybdenum (as molybdenum amino acid chelate)	45 mcg	100%
<b>Organic Rainbow Vibrant Foods Blend</b>	100 mg	†
Organic spirulina, organic beet (root), organic broccoli (plant), organic kale (leaf), organic spinach (leaf), organic blackberry (fruit), organic blueberry (fruit), organic carrot (root), organic cranberry (fruit)		
<b>Men's Vitality Blend</b>	51 mg	†
Organic chlorella, organic green tea (leaf) extract, lycopene		
<b>Digestive Support Blend</b>	27 mg	†
Ginger (root) juice extract, amylase (150 DU†), protease (600 HUT†), xylanase (80 XU†), maltase (4 DP†), glucoamylase (0.4 AGU†), hemicellulase (615 HCU†), beta-glucanase (18 BGU†), phytase (0.04 FTU†), cellulase (24 CU†), alpha-galactosidase (4 GalU†), lipase (22 FIP†), lactase (7 ALU†), invertase (3 SU†), <i>Bacillus coagulans</i> MTCC 5856 (25 million CFU†)		
Inositol	20 mg	†
Citrus (fruit) bioflavonoids	10 mg	†

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, coating (hypromellose, medium-chain triglycerides, inulin).