

# 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)	60 mg	67%
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	30 mcg	100%
Pantothenic Acid (as calcium pantothenate)	13 mg	260%
Choline (as choline bitartrate)	55 mg	10%
Calcium (from mineral-rich red algae)	100 mg	8%
Iron (as iron amino acid chelate)	6 mg	33%
Iodine (from inactivated <i>Saccharomyces cerevisiae</i> )	150 mcg	100%
Magnesium (as marine magnesium extract from sea water)	100 mg	24%
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>Women's Vitality Blend</b>	91 mg	†
Organic chlorella, grape (whole fruit) extract, organic pomegranate (fruit) juice powder, lutein		
<b>Organic Rainbow Vibrant Foods Blend</b>	80 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>Digestive Support Blend</b>	33 mg	†
Ginger (root) juice extract, amylase (180 DU†), protease (720 HUT†), xylanase (96 XU†), maltase (5 DP†), glucoamylase (1 AGU†), hemicellulase (738 HCU†), beta-glucanase (21 BGU†), phytase (0.1 FTU†), cellulase (29 CU†), alpha-galactosidase (5 GalU†), lipase (26 FIP†), lactase (8 ALU†), invertase (4 SU†), <i>Bacillus coagulans</i> MTCC 5856 (25 million CFU†)		
Citrus (fruit) bioflavonoids	25 mg	†
Inositol	20 mg	†
Boron (as boron glycinate)	1 mg	†

† Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, coating (hydroxypropyl cellulose), hydroxypropyl methylcellulose.