
SUPPLEMENT FACTS

Serving Size: 1 capsule

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	333 IU	7
Vitamin E	67 IU	210
Thiamine	1 mg	67
Riboflavin	1 mg	59
Niacin (as niacinamide)	1 mg	6
Vitamin B-6 (Pyridoxine Hydrochloride)	1 mg	77
Folic Acid	50 mcg	13
Vitamin B-12	50 mcg	833
Biotin	50 mcg	17
Pantothenic Acid	1 mg	10
Magnesium oxide	10 mg	3
Calcium citrate	10 mg	0.2
Zinc picolinate	1 mg	2
Zinc citrate	1 mg	3
Chromium polynicotinate	75 mcg	21
DL Phenylalanine	300 mg	*
L Glutamine	150 mg	*
Black currant leaf	15 mg	*

Other ingredients: stearic acid, magnesium stearate, vegetable capsule.

*Daily Value not established
