

Vitamin/Mineral	Recommended	Daily Value
Vitamin A Palmitate	1,250 IU	25%
Natural Mixed Carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, lutein)	7,500 IU	150%
Vitamin C (as calcium ascorbate & magnesium-potassium ascorbate complex)	600 mg	1000%
Vitamin D3 (as cholecaliferol)	1600 IU	400%
Vitamin E (as D-alpha tocopherol succinate plus mixed tocopherols D-beta, D-delta, D-gamma)	200 IU	666%
Vitamin K (25% as vitamin K1 phytonadione and 75% as K2 menaquinone-7 from natto)	80 mcg	100%
Thiamine	50 mg	3333%
Vitamin B6	25 mg	1250%
Folate	400 mcg	100%
Vitamin B12	100 mcg	1666%
Biotin	150 mcg	50%
Pantothenic Acid	200 mg	2000%
Calcium	500 mg	50%
Iodine (from Kelp)	75 mcg	50%
Magnesium (75% as magnesium aspartate-ascorbate complex and 25% as magnesium glycinate chelate)	475 mcg	94%
Zinc (as zinc glycinate chelate)	10 mg	67%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as copper glycinate chelate)	1 mg	50%
Manganese (as manganese glycinate chelate)	1 mg	50%
Chromium (as chromium nicotinate glycinate chelate)	100 mcg	84%
Molybdenum (as molybdenum glycinate chelate)	75 mcg	100%
Potassium	50 mg	1.5%
Boron (as boron aspartate-citrate)	1 mg	N/A
Vanadium (as bisglycinato oxovanadium)	100 mcg	N/A
Choline (as choline bitartrate)	75 mg	N/A
Inositol	25 mg	N/A
Citrus Bioflavonoids	50 mg	N/A