

Supplement Facts

Serving Size 1 Packet

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Vitamin A (from cod liver oil)	100%	Zinc (as zinc oxide)	15 mg 100%
Vitamin C (as ascorbic acid)	417%	Selenium (as sodium selenate)	25 mcg 36%
Vitamin D (as ergocalciferol)	100%	Copper (as cupric oxide)	1 mg 50%
Vitamin E (as d-alpha tocopherol)	500%	Manganese (as manganese sulfate)	5 mg 250%
Thiamin (as thiamin mononitrate)	5000%	Chromium (as chromium chloride)	50 mcg 42%
Riboflavin	4412%	Molybdenum (as sodium molybdate)	50 mcg 67%
Niacin (as niacinamide)	375%	Potassium (as potassium chloride)	10 mg < 1%
Vitamin B ₆ (as pyridoxine hydrochloride)	3750%		
Folic Acid	100%	Choline (as choline chloride)	100 mg *
Vitamin B ₁₂ (as cyanocobalamin)	1667%	Betaine (as betaine hydrochloride)	25 mg *
Biotin	33%	Glutamic Acid (as L-glutamic acid)	25 mg *
Pantothenic Acid (as calcium pantothenate)	750%	Inositol (as inositol monophosphate)	75 mg *
Calcium (from oystershell)	10%	<i>para</i> -Aminobenzoic acid	30 mg *
Iron (as ferrous fumarate)	56%	Deoxyribonucleic acid	50 mg *
Iodine (from kelp)	100%	Boron	500 mcg *
Magnesium (as magnesium oxide)	15%		

* Daily Value not established

Other ingredients: Cellulose, stearic acid and silica.