

Supplement facts

Serving size: 2 capsules

Servings per container: 60

Amount per serving	
Vitamin A (all-trans-retinyl palmitate)	230.4 mcg (768 IU)
Vitamin C (ascorbic acid)	80 mg
Vitamin D (cholecalciferol)	4.8 mcg (192 IU)
Vitamin E (as d-alpha tocopheryl succinate)	32 mg (48 IU)
Vitamin B1 (thiamin mononitrate)	2.4 mg
Vitamin B2 (riboflavin)	1.8 mg
Vitamin B3 (niacinamide)	12 mg
Vitamin B5 (calcium d-pantothenate)	2.8 mg
Vitamin B6 (pyridoxine hydrochloride)	4.8 mg
Vitamin B9 (folic acid)	192 mcg
Vitamin B12 (cyanocobalamin)	120mcg
Vitamin H (d-biotin)	144 mcg
Calcium (calcium phosphate dibasic)	176 mg
Iron (iron fumarate)	1.8 mg
Phosphorus (from calcium phosphate dibasic)	112 mg
Iodine (lamina digitata/ascophyllum nodosum)	27.2 mcg
Magnesium (magnesium oxide)	80 mg
Zinc (zinc oxide)	6.4 mg
Boron (boric acid)	56 mcg
Selenium (sodium selenite)	27.2 mcg
Copper (copper sulphate)	0.96 mg
Manganese (manganese carbonate)	1.28 mg
Chromium (chromium chloride)	83.2 mcg
Molybdenum (sodium molybdate)	19.2 mcg
Potassium (potassium chloride)	32 mg
DL-Phenylalanine	48 mg
L-Glutamine	24 mg
Citrus bioflavonoids (citrus spp.)(8% flavanones, 1% flavanols, 1% flavones)	32 mg
Grape seed (vitis vinifera)(extract 100:1, dried equivalent 250 mg)	6 mg
Choline bitartrate	72 mg
Myo-inositol	24 mg
Gingko biloba (leaf)(24% gingko flavone glycosides, 6% terpene lactones)	4.8 mg
L-Methionine	8 mg
Germanium sesquioxide (Bis (2-Carboxyethylgermanium sesquioxide))	2.76 mg
Nickel (nickel sulphate)	3.92 mcg
Vanadium (sodium metavanadate)	159.2 mcg

Non-medicinal ingredients: vegetable gelatin, magnesium stearate.