

Supplement Facts

Serving Size 2 packets (one A.M. Packet, one P.M. Packet)

Servings Per Container 30

	4 Multi-Vitamin/ Mineral Plus Tablets	1 Alpha Gamma Blend Softgel	2 EPA-DHA Blend Extra Enteric Coated Softgels	2 Bone Nutrient Complex with Magnesium Tablets				
	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values
Calories					20			
Calories from fat					18			
Total Fat					2 g	3%*		
Vitamin A (as beta-carotene [†])	4250 IU	85%						
Vitamin A (as retinyl acetate)	750 IU	15%						
Vitamin C (as ascorbic acid)	800 mg	1000%						
Vitamin D (as cholecalciferol)	200 IU	50%						
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%	200 IU	667%				
Thiamin (as thiamin mononitrate)	15 mg	1000%						
Riboflavin	17 mg	1000%						
Niacin (as niacinamide, niacin)	210 mg	1050%						
Vitamin B ₆ (as pyridoxine hydrochloride)	20 mg	1000%						
Folate ^{††} (as folic acid, L-5-methyl tetrahydrofolate ^{†††} , 5-formyl tetrahydrofolate)	400 mcg	100%						
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg	1667%						
Biotin	100 mcg	33%						
Pantothenic Acid (as D-calcium pantothenate)	100 mg	1000%						
Calcium (as citrate, MCHC [▲] , glycinate ^{▲▲} , dicalcium phosphate)	250 mg	25%					400 mg	40%
Iron (as iron glycinate ^{▲▲})	5 mg	28%						
Phosphorus (as MCHC [▲] , dicalcium phosphate)	57 mg	6%					252 mg	25%
Iodine (as potassium iodide)	76 mcg	51%						
Magnesium (as magnesium citrate, aspartate, bis-glycinate ^{▲▲▲})	125 mg	31%					200 mg	50%
Zinc (as zinc glycinate ^{▲▲} , zinc histidinate ^{▲▲})	10 mg	67%						
Selenium (as selenium aspartate)	100 mcg	143%						
Copper (as copper lysinate ^{▲▲})	1 mg	50%						
Manganese (as manganese glycinate ^{▲▲})	0.5 mg	25%						
Chromium (as chromium dinicotinate glycinate ^{▲▲})	100 mcg	83%						
Molybdenum (as molybdenum aspartate)	50 mcg	87%						
Potassium (as potassium aspartate)	49 mg	1%						
Betaine HCl	87 mg	**						
Choline (as choline bitartrate)	62 mg	**						
Inositol	60 mg	**						
L-Glutamine	50 mg	**						
Citrus Bioflavonoid Complex	50 mg	**						
para-Aminobenzoic Acid (PABA)	25 mg	**						
Vanadium (as vanadyl sulfate)	19 mcg	**						
Quercetin Dihydrate	12 mg	**						
Alpha-Carotene	97 mcg	**						
Cryptoxanthin	27 mcg	**						
Zeaxanthin	13 mcg	**						
Lutein	13 mcg	**						
Gamma Tocopherol	67 mg	**	135 mg	**				
Delta Tocopherol			49 mg	**				
EPA (Eicosapentaenoic acid)					600 mg	**		
DHA (Docosahexaenoic acid)					400 mg	**		
Microcrystalline Hydroxyapatite Concentrate [▲]							1000 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.