

Vitamins			Minerals		
		% DV*			% DV*
Vitamin A (Retinol)	5000 IU	300%	Calcium Chelate	500 mg	50%
Beta Carotene	10000 IU	300%	Magnesium Chelate	250 mg	62%
Vitamin C	1000 mg	1667%	Potassium Chelate	90 mg	3%
Vitamin E	400 IU	1333%	Iron Chelate	12 mg	67%
Vitamin D	1000 IU	250%	Zinc Chelate	30 mg	200%
Vitamin B1	25 mg	1667%	Manganese Chelate	10 mg	500%
Vitamin B2	25 mg	1471%	Copper Chelate	2 mg	100%
Vitamin B3	75 mg	375%	Iodine	150 mcg	100%
Vitamin B5	100 mg	1000%	Selenium Chelate	100 mcg	143%
Vitamin B6	25 mg	1250%	Chromium Chelate	100 mcg	83%
Vitamin B12	125 mcg	2083%	Molybdenum Chelate	100 mcg	133%
Vitamin K	50 mcg	62%	Vanadium Chelate	50 mcg	**
Folic Acid	700 mcg	175%	Boron Chelate	2 mg	**
Biotin	150 mcg	50%	Phosphorus	200 mg	20%
Choline	100 mcg	**	66 Trace Minerals	100 mg	**
Inositol	100 mcg	**			
Bioflavonoids					
Quercetin	100 mg	**			
Rutin	50 mg	**			
Hesperidin	50 mg	**			

* Daily value (% DV) based on 2000 calorie diet.

** Daily value (%DV) not established.