

Supplement Facts

Serving Size: 13.9 g / 2 scoops

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	30	2%
Total Carbohydrate	7 g	2%
Sugars	1 g	†
Vitamin A (as palmitate, beta carotene)	7,500 IU	150%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D-3 (as cholecalciferol)	750 IU	187%
Vitamin E (as d-alpha tocopherol acetate)	200 IU	667%
Vitamin K (as menatetrenone)	30 mcg	38%
Thiamin (Vitamin B-1)(as thiamine mononitrate)	30 mg	2000%
Riboflavin (Vitamin B-2)	30 mg	1765%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (as pyridoxine HCl)	30 mg	1500%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	500 mcg	8333%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium pantothenate)	150 mg	1500%
Calcium (as gluconate, citrate)	50 mg	5%
Iron (as gluconate)	1 mg	6%
Magnesium (as gluconate, oxide)	20 mg	5%

	Amount Per Serving	% Daily Value*
Zinc (as gluconate)	2 mg	13%
Selenium (as selenomethione)	100 mcg	143%
Copper (as gluconate)	1 mg	50%
Chromium (as chromium amino acid chelate)	200 mcg	167%
Potassium (as gluconate, citrate)	100 mg	3%
Fruit and Vegetable Powder	500 mg	†
Plant Derived Mineral Powder	300 mg	†
Glucosamine Sulfate HCl	125 mg	†
MSM (methylsulfonylmethane)	100 mg	†
Chondroitin Sulfate	25 mg	†
Amino Acid Complex	125 mg	†
alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tyrosine and valine.		
Choline (as choline bitartrate)	25 mg	†
Inositol	25 mg	†
Dimethylglycine	20 mg	†
Bioflavonoids	15 mg	†
Grape Seed Extract***	5 mg	†
Co-enzyme Q10	3 mg	†
Boron (sodium borate)	1 mg	†

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

† Daily Value not established.

***Standardized plant extract.

OTHER INGREDIENTS: Maltodextrin, citric acid, natural flavor and color, xanthan gum, CitriSweet® (inulin, fructose, citrus peel extract), stevia.