

Supplement Facts

Serving Size 1 Packet (4 tablets, 2 capsules, 1 softgel) • Servings Per Container 30

Amount Per Packet	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
Saturated Fat	0 g 0%†
Polyunsaturated Fat	1 g *
Vitamin A (58% (3,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> and 42% (2,500 I.U.) as vitamin A palmitate)	6,000 I.U. 120%
Vitamin C (as L-ascorbic acid USP)	375 mg 625%
Vitamin D ₃ (as cholecalciferol)	1,600 I.U. 400%
Vitamin E (as d-alpha tocopheryl succinate and as natural mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	255 I.U. 850%
Vitamin K (as vitamin K ₁ phytonadione)	60 mcg 75%
Thiamine (as thiamine hydrochloride USP)	25 mg 1667%
Riboflavin USP	15 mg 882%
Niacin (67% as niacinamide USP and 33% as niacin USP)	60 mg 300%
Vitamin B ₆ (as pyridoxine hydrochloride USP)	15 mg 750%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	400 mcg 100%
Vitamin B ₁₂ (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	50 mcg 833%
Biotin USP	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg 500%
Calcium (as calcium citrate-malate)	600 mg 60%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium glycinate chelate***)	100 mg 25%
Zinc (as zinc glycinate chelate**)	15 mg 100%
Selenium (as selenium amino acid complex)	200 mcg 286%
Copper (as copper glycinate chelate***)	2 mg 100%

Amount Per Packet	% Daily Value
Manganese (as manganese glycinate chelate***)	2 mg 100%
Chromium (as chromium nicotinate glycinate chelate***)	150 mcg 125%
Molybdenum (as molybdenum glycinate chelate***)	100 mcg 133%
Boron (as boron aspartate-citrate)	2 mg *
Vanadium (as bisglycinate oxovanadium)	50 mcg *
Choline (as choline bitartrate)	75 mg *
Inositol	25 mg *
Citrus Bioflavonoids (85% as citrus bioflavonoid complex, min. 50% bioflavonoids and 15% as hesperidin methylchalcone)	100 mg *
Lutein**** (from FloraGLO***** lutein marigold flower extract)	7.5 mg *
Zeaxanthin††	450 mcg *
Alpha-Lipoic Acid	25 mg *
N-Acetyl-L-Cysteine USP	150 mg *
Taurine USP	150 mg *
L-Glutathione (reduced)	25 mg *
Bilberry (<i>Vaccinium myrtillus</i>) fruit, dried extract, min. 25% anthocyanosides	30 mg *
Red Grape (<i>Vitis vinifera</i>) seeds, skin, and stems, dried extract with resveratrol	25 mg *
Marine Fish Oil Concentrate	1,000 mg *
Supplying the following	Compound FFA
Omega-3 fatty acids:	Weight‡ Weight‡‡
Eicosapentaenoic acid (EPA)	300 mg 270 mg *
Docosahexaenoic acid (DHA)	200 mg 180 mg *

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established

Other Ingredients: Gelatin, vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, carboxymethylcellulose sodium, glycerin, vegetable stearine, stearic acid, vegetable gum, water, magnesium stearate, L-leucine, silicon dioxide, natural citrus flavor, and cellulose coating.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany
***Albion® Laboratories
****Elemental lutein content
*****FloraGLO® is a registered trademark of Kemin Industries, Inc. USA
††Elemental zeaxanthin content
‡Amounts reported as weight of the fatty acid compound.
‡‡Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

