

# Daily Value (DV) Supplement Facts

Based on recommended serving of - (2 per day)

	Amount Per Serving	% DV* Per Serving	Amount Per Day	% DV* Per Day
Biotin	150 mcg	500%	300 mcg	1000%
Calcium (as calcium carbonate)	250 mg	19%	500 mg	38%
Chromium (as chromium (III) chloride)	60 mcg	171%	120 mcg	343%
Copper (as copper (II) gluconate)	0.5 mg	56%	1 mg	111%
Folate	415 mcg DFE (250 mcg folic acid)	104%	830 mcg DFE (500 mcg folic acid)	208%
Iodine (as potassium iodide and kelp (Ascophyllum nodosum [thallus], Laminaria digitata [thallus]))	75 mcg	50%	150 mcg	100%
Iron (as iron (II) fumarate)	2.5 mg	14%	5 mg	28%
<b>Magnesium (as magnesium oxide)</b>	<b>100 mg</b>	<b>24%</b>	<b>200 mg</b>	<b>48%</b>
Manganese (as manganese (II) sulfate)	1 mg	43%	2 mg	87%
Molybdenum (as sodium molybdate (VI))	25 mcg	56%	50 mcg	111%
Niacin (as niacinamide)	15 mg	94%	30 mg	188%
Pantothenic Acid (as calcium d-pantothenate)	5 mg	100%	10 mg	200%
Riboflavin	2.6 mg	200%	5.1 mg	392%
Selenium (as sodium selenite)	35 mcg	64%	70 mcg	127%
Thiamin (as thiamine mononitrate)	2.3 mg	192%	4.5 mg	375%
Vitamin A (as beta carotene and Vitamin A acetate) (74% as natural beta carotene)	1350 mcg	150%	2700 mcg	300%
Vitamin B12 (as cyanocobalamin)	12 mcg	500%	24 mcg	1000%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%	6 mg	353%
Vitamin C (as ascorbic acid, Acerola concentrate [fruit])	100 mg	111%	200 mg	222%
Vitamin D (as Vitamin D3)	10 mcg	50%	20 mcg	100%
Vitamin E (as d-alpha tocopherol acid succinate)	27 mg	180%	54 mg	360%
Zinc (as zinc oxide)	7.5 mg	68%	15 mg	136%