

# Supplement Facts

Serving Size 1 Packet (4 tablets, 3 capsules, 2 softgels) • Servings Per Container 30

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Calories	20	Molybdenum (as molybdenum glycinate chelate***)	100 mcg 133%
Calories from Fat	20	Sodium (as sodium succinate)	85 mg 4%
Total Fat	2 g 3%†	Boron (as boron aspartate-citrate)	2 mg *
Saturated Fat	0 g 0%†	Vanadium (as bisglycinato oxovanadium)	50 mcg *
Polyunsaturated Fat	2 g *	Choline (as choline bitartrate)	75 mg *
Vitamin A (50% (3,500 I.U.) from fish liver oil and 50% (3,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> )	7,000 I.U. 140%	Inositol	25 mg *
Vitamin C (as L-ascorbic acid USP)	260 mg 433%	Citrus Bioflavonoids (85% as citrus bioflavonoid complex, min. 50% bioflavonoids and 15% as hesperidin methylchalcone)	100 mg *
Vitamin D <sub>3</sub> (as cholecalciferol)	400 I.U. 100%	Alpha-Lipoic Acid	100 mg *
Vitamin E (as d-alpha tocopheryl succinate and as mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	160 I.U. 533%	Coenzyme Q <sub>10</sub> (as ubiquinone)	50 mg *
Vitamin K (as vitamin K <sub>1</sub> phytonadione)	60 mcg 75%	N-Acetyl-L-Cysteine USP	400 mg *
Thiamine (as thiamine hydrochloride USP)	25 mg 1667%	Taurine USP	500 mg *
Riboflavin USP	15 mg 882%	L-Glutathione (reduced)	50 mg *
Niacin (67% as niacinamide USP and 33% as niacin USP)	60 mg 300%	Acetyl-L-Carnitine (as acetyl-L-carnitine hydrochloride)	200 mg *
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	15 mg 750%	L-Carnitine (as L-carnitine tartrate****)	500 mg *
Folate (50% as folic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	400 mcg** 100%	Creatine Monohydrate	200 mg *
Vitamin B <sub>12</sub> (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	50 mcg 833%	Malic Acid (66% as malic acid and 34% as magnesium malate)	756 mg *
Biotin USP	300 mcg 100%	Sodium Succinate	300 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg 500%	Red Grape ( <i>Vitis vinifera</i> ) seeds, skin, and stems, dried extract with resveratrol	26 mg *
Calcium (as calcium citrate-malate)	100 mg 10%	Lecithin Phospholipid Complex (from soy)	250 mg *
Iodine (from kelp)	150 mcg 100%	Phosphatidylcholine	100 mg *
Magnesium (68% as magnesium glycinate chelate*** and 32% as magnesium malate)	146 mg 37%	Marine Fish Oil Concentrate	2,000 mg *
Zinc (as zinc glycinate chelate***)	15 mg 100%	Supplying the following	Compound FFA
Selenium (as selenium amino acid complex)	200 mcg 286%	Omega-3 fatty acids:	Weight†† Weight†††
Copper (as copper glycinate chelate***)	2 mg 100%	Eicosapentaenoic acid (EPA)	600 mg 540 mg *
Manganese (as manganese glycinate chelate***)	5 mg 250%	Docosahexaenoic acid (DHA)	400 mg 360 mg *
Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)	150 mcg 125%		

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

\*\*Amount of active isomers from mixed isomer forms.

\*\*\*Albion Laboratories

\*\*\*\*ChromeMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

\*\*\*\*\*L-CARNIPURE® brand, a licensed trademark of Lonza, Ltd. Used under license from Lonza, Ltd.

†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.

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

\*Daily value not established.