



# 10-in-One Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

	<u>Amount Per Serving</u>	<u>% Daily Value</u>
Vitamin A (as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol Acetate)	60 IU	200%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamine (as Thiamine HCl) (Vitamin B1)	15 mg	1,000%
Riboflavin (Vitamin B2)	17 mg	1,000%
Niacin (as Niacinamide)	30 mg	150%
Pantothenic Acid (d-calcium Pantothenate)	25 mg	250%
Vitamin B-6 (as Pyridoxine HCL)	10 mg	500%
Folic Acid	600 mcg	150%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Calcium (as Calcium Citrate)	70 mg	4%
Magnesium (as Magnesium Oxide)	35 mg	9%

Choline Bitartrate	50 mg	*
Inositol	25 mg	*
L-Theanine	20 mg	*
Boron Citrate	10 mg	*

Fruit PhytoNutrient Liquid Extract	370 mg	*
Goji Berry Extract (Wolfberry), Acai Berry Extract, Mangosteen, Pomegranate Fruit Powder, Amla extract (Amalaki fruit), L-Citrulline		

Herbal Energizer Liquid Extract	221 mg	*
Glucuronalactone, L-Carnitine HCl, Siberian Ginseng Eleuthro (root), Aloe Concentrate 200:1 (leaf), Schizandra Extract (seed), Rhodiola extract (root)		

Trace Mineral Proprietary Blend	5 mg	*
Trace mineral complex containing up to 74 trace minerals		

Age-Defying Antioxidant Blend	180 mg	*
Methylsulfonylmethane (MSM), Coenzyme Q10, Lutein, Lycopene, Alpha Lipoic Acid, Turmeric, Hesperidin Complex (citrus), Quercetin, Hesperidin, Resveratrol		

\* Daily Value not established

**Other ingredients:** Citric Fructose, Natural, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate