

Age Support Multivitamin

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin A	9,500 IU	190%
(2000 IU as Palmitate and 7500 IU as Beta-carotene)		
Vitamin C (as Ascorbic Acid and Calcium Ascorbate) ..	300 mg	500%
Vitamin D3 (as Cholecalciferol).....	200 IU	50%
Vitamin E (d-alpha Tocopheryl Succinate).....	200 IU	667%
Vitamin K1 (as Phytonadione).....	2.5 mcg	3%
Thiamin	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as Niacinamide & Niacin)	25 mg	125%
Vitamin B6 (Pyridoxine HCl 90%, P-5-P 10%).....	25 mg	1250%
Folic Acid.....	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	25 mcg	417%
Biotin.....	150 mcg	50%
Pantothenic Acid (as Ca Pantothenate)	25 mg	250%
Calcium (as Ca Citrate)	300 mg	30%
Iodine (from kelp).....	35 mcg	23%
Magnesium (as Mg Carbonate)	150 mg	38%
Zinc (as Zn Gluconate)	10 mg	67%
Selenium (as Se AAC).....	25 mcg	3.6%
Copper (as Cu AAC).....	0.025 mg	1%
Manganese (as Mn Gluconate).....	2.5 mg	125%
Chromium (as Cr Polynicotinate) [†]	25 mcg	21%
Molybdenum (as Mo AAC)	25 mcg	33%
Potassium (as K citrate)	25 mg	1%
Boron (as B AAC).....	0.5 mg	*
Silicon (Horsetail Rush)	3 mg	*
Vanadium (as V AAC).....	10 mcg	*

Choline (as Choline Bitartrate)	50 mg	*
Inositol.....	25 mg	*
PABA (Para-aminobenzoic Acid)	25 mg	*
L-Cysteine (enteric coated)	25 mg	*
Glutamic Acid	25 mg	*
DL-Methionine (enteric coated).....	25 mg	*
L-Aspartic Acid	50 mg	*
Phosphatidylserine	12.5 mg	*
Octacosanol.....	500 mcg	*
Soy Lecithin.....	50 mg	*
Gamma Linolenic Acid	2.5 mg	*
Alpha Lipoic Acid	15 mg	*
Coenzyme Q10	5 mg	*
Lycopene	2.5 mg	*
Bioperine	2.5 mg	*
Ginkgo Biloba	5 mg	*
Lutein	1.5 mg	*
Bilberry Extract (4:1)	20 mg	*
RNA (Ribonucleic Acid).....	5 mg	*
Mixed Citrus Bioflavonoids.....	100 mg	*
Hesperidin	12.5 mg	*
Rutin.....	12.5 mg	*
Pectin	12.5 mg	*
Betaine HCl.....	15 mg	*
Bromelain	2 mg	*
Papain (enteric coated)	2 mg	*
A proprietary blend of vegetarian enzymes	10 mg	*
(amylase protease, lipase, hemicellulase, and lactase)		

* Daily Value not established.

†ChromeMate bran niacin-bound chromium.