

Super Complete Capsules

Supplement Facts

Serving size 9 capsules

Amount per 9 capsules	% Daily Value
Vitamin A (as Beta-Carotene, 12,000 mcg)	20,000 IU 400%
Alpha-Carotene	378 mcg *
Zeaxanthin	76 mcg *
Cryptoxanthin	92 mcg *
Lutein	59 mcg *
<i>The above are natural mixed carotenoids derived from Dunaliella Salina</i>	
Vitamin C (as calcium ascorbate)	1500 mg 2500%
Vitamin D3	400 IU 100%
Vitamin E (as natural d-alpha)	400 IU 1333%
Thiamine	100 mg 6666%
Riboflavin	100 mg 5882%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6	100 mg 5000%
Folic Acid	400 mcg 100%
Vitamin B12	100 mcg 1666%
Biotin	300 mcg 100%
Pantothenic Acid	100 mg 1000%
Calcium (amino acid chelate and calcium ascorbate)	1000 mg 100%
Iron (amino acid chelate)	18 mg 100%
Iodine (kelp)	150 mcg 100%
Magnesium (amino acid chelate)	500 mg 125%
Zinc (amino acid chelate)	22.5 mg 150%
Selenium (as selenomethionine)	70 mcg 100%
Copper (amino acid chelate)	3 mg 150%
Manganese (amino acid chelate)	10 mg 500%
Chromium (as chromium polynicotinate)	200 mcg 167%
Potassium (amino acid chelate)	95 mg 3%
Bioflavonoids (from lemon)	250 mg *
Glutamic Acid	100 mg *
Betaine HCl	100 mg *
Choline (as bitartrate)	100 mg *
Inositol	100 mg *
Para Amino Benzoic Acid	100 mg *
Rutin	50 mg *
Rose Hips Powder	20 mg *
Hesperidin	20 mg *
Acerola Cherry	10 mg *
Boron (amino acid chelate)	3 mg *

* Daily Value not established

Other ingredients: cellulose, dicalcium phosphate, gelatin and magnesium stearate.

SUGGESTED USE: As a dietary supplement, take three capsules, three times per day with meals.