

## Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 30

Amount Per Serving		% Daily Value
Beta-Carotene (as pro-Vitamin A 3mg)	5000 IU	100%
Vitamin C (from Calcium Ascorbate)	200mg	333%
Vitamin D-3 (as Cholecalciferol)	1000IU	250%
Vitamin E (as d-alpha Tocopherol)	150IU	500%
Vitamin K (as Menaquinone & Phytonadione)	80mcg	100%
Thiamine (from Thiamine HCl)(Vit. B-1)	25mg	1667%
Riboflavin (Vitamin B-2)	25mg	1471%
Niacin (as Niacinamide & Inositol Hexanicotinate)	25mg	125%
Vitamin B-6 (from Pyridoxine HCl and P-5-P)	25mg	1250%
Folate (as Folic Acid)	800mcg	200%
Vitamin B-12 (as Methylcobalamin)	120mcg	2000%
Biotin	300mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50mg	500%
Calcium (from Aquamin® F Red Algae Sea Minerals, Cal. Ascorbate and D-Cal. Pantothenate)	115mg	12%
Iron (as Ferrochel® Iron Bisglycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	6mg	33%
Iodine (from Potassium Iodide)	225mcg	150%
Magnesium (from Magnesium Citrate, Aquamin® F Red Algae Sea Minerals)	100mg	25%
Zinc (from Zinc Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	15mg	100%
Selenium (from Selenium Amino Acid Complex)(TRAACS®)(Albion®)	200mcg	286%
Copper (from Copper Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	1mg	50%

## Amount Per Serving

Manganese (from Manganese Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	2mg	100%
Chromium (from Chromium Chelavite®) (Amino Acid Chelate)(TRAACS®)(Albion®)	120mcg	100%
Molybdenum (from Molybdenum Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	75mcg	100%
Potassium (from Potassium Chloride)	25mg	<1%
Evening Primrose Oil ( <i>Oenothera biennis</i> )(Seed)	500mg	†
Cranberry Concentrate (20:1) ( <i>Vaccinium macrocarpon</i> )(Fruit)	100mg	†
Horsetail Extract ( <i>Equisetum arvense</i> ) (Aerial Parts)(minimum 8% Silica)	50mg	†
Alpha Lipoic Acid	25mg	†
Choline (from Choline Bitartrate)	25mg	†
Grape Seed Extract ( <i>Vitis vinifera</i> )	25mg	†
Green Tea Extract ( <i>Camellia sinensis</i> ) (Leaf)(min. 95% Polyphenols)(<1mg natural caffeine)	25mg	†
Inositol	25mg	†
CoQ10 (as Ubiquinone)	10mg	†
Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	500mcg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500mcg	†

† Daily Value not established.

Other Ingredients: Flax seed oil and softgel capsule  
(gelatin, glycerin, water and carob.)

MFD for Coastal Nutrition • Virginia Beach, VA 23452  
Made in the U.S.A. [www.coastalnutrition.com](http://www.coastalnutrition.com)

Contains soy derivatives. Contains no sugar, salt, yeast,  
wheat, gluten, milk, egg, shellfish or preservatives.

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