

Other ingredients:

Cellulose (capsule), Silica, Magnesium Stearate (vegetable source) and Cellulose Powder.

Contains no sugar, salt, yeast, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

AAC* = Amino Acid Chelate

DO NOT EAT FRESHNESS PACKET.

Keep in Bottle.

ZMA® is a registered trademark of SNAC Systems, Inc. (patent pending) and is available from InterHealth Nutraceuticals, Inc; Chromium Chelavite® is a registered trademark of Albion Laboratories, Inc; FloraGLO® is a registered trademark of Kemin Industries, Inc. Vcaps® is a registered trademark of capsugel.

SUGGESTED USAGE: As a dietary supplement, take 2 Vcaps® twice daily with food.

Supplement Facts

Serving Size: 2 Vcaps® Servings Per Container: 60

	Amount Per Serving	% Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate)	175 mg	292%
Vitamin D (as Ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamine (from Thiamine HCl) (Vit. B-1)	12.5 mg	1667%
Riboflavin (Vitamin B-2)	12.5 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide)	25 mg	250%
Vitamin B-6 (from Pyridoxine HCl & Pyridoxal 5-Phosphate (P-5-P))	12.5 mg	1250%
Folate (as Folic Acid)	400 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	125 mcg	4167%
Biotin	150 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcim Panthothenate)	50 mg	1000%
Calcium (from Calcium Carbonate, Calcium Ascorbate, and D-Calcium Pantothenate)	180 mg	35%
Iodine (from Kelp)	112.5 mcg	150%
Magnesium (from Magnesium Oxide, Magnesium Citrate and ZMA®)	45 mg	25%
Zinc (from Zinc Picolinate and ZMA®)	15 mg	200%
Selenium (from L-Selenomethionine)	100 mcg	286%
Copper (from Copper AAC*)	250 mcg	25%
Manganese (from Manganese AAC*)	1.5 mg	150%
Chromium (from Chromium Chelavite®)	100 mcg	167%
Molybdenum (from Molybdenum AAC*)	25 mcg	67%
Potassium (from Potassium Chloride)	25 mg	1%

Saw Palmetto Extract (Berries) (<i>Serenoa repens</i>) (min. 45% Fatty Acids)	80 mg	†
Panax Ginseng Extract (Root) (min. 5% Ginsenosides)	50 mg	
ZMA®		†
Alpha Lipoic Acid	27.5 mg	
Choline (from Choline Bitartrate)	25 mg	†
Kelp (<i>Laminana digitata</i>) (Whole Plant)	25 mg	†
Ginkgo Biloba Extract (Leaf) (min. 24% Ginkgopflavonglycosides)	22.5 mg	†
Nettle Root (<i>Urtica dioica</i>)	15 mg	
Nettle Root (<i>Urtica dioica</i>)	12.5 mg	†
Grape Seed Extract (<i>Vitis vitifera</i>) (min. 95% Total Polyphenols)	12.5 mg	†
Inositol	12.5 mg	†
Bromelain (2400 GDU/g)	12.5 mg	†
Lipase (8000 USP/g)	6.25 mg	†
Papain (2000 USP/g)	6.25 mg	†
Amylase (5000 FCC/g)	2.5 mg	†
CoQ10 (as Ubiquinone)	2.5 mg	†
Lycopene (from Natural Tomato Extract)	0.5 mg	†
Boron (from Boron AAC*)	0.5 mg	†
Lutein (from FloraGLO®)	250 mcg	
Vanadium (from Vanadium AAC*)	50 mcg	†
Spirulina	30 mg	†
Organic Barley Grass	30 mg	†
Chiorella (Broken Cell Wall)	12.5 mg	†
Organic Wheat Grass	12.5 mg	†
Alfalfa Juice Concentrate	12.5 mg	†
Green Tea Extract (Leaf) (<i>Camellia sinensis</i>) (min, 95% Polyphenols)	6.25 mg	†

† Daily Value not Established

*These statements have not been evaluated by the FDA. This product is not to diagnose, treat, cure or prevent any disease.