**Non-medicinal ingredients:** Stevia, acid, magnesium stearate, silicon dioxide, carboxymethylcellulose sodium.

**Recommended dose (adults):** Take one tablet a day with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

**Caution/Warnings:** Consult a health care practitioner prior to use if you are taking blood thinners. Consult a health care practitioner if you are pregnant or breastfeeding, or if you are taking corticosteroids.

**Hypersensitivity (e.g., allergy) has been known to occur, in which case, discontinue use. Avoid with known allergy or hypersensitivity to any or all of its constituents.

Keep out of reach of children in a dry, cool place. Safety sealed for your protection.

**Usage:** A nutrient for the maintenance of good health.

**Medicinal ingredients:** Each tablet contains:

- Vitamin B1 (thiamine) hydrochloride: 0.7 mg
- Vitamin B2 (riboflavin): 0.8 mg
- Vitamin B3 (niacinamide): 8 mg
- Vitamin B5 (pantothenic acid): 3 mg
- Vitamin B6 (pyridoxine hydrochloride): 1 mg
- Vitamin B12: 0.5 mg
- Vitamin C (ascorbic acid): 20 mg
- Vitamin D3 (cholecalciferol): 0.5 mcg
- Vitamin E (d-alpha tocopheryl acetate): 5 mg
- Vitamin K1 (menadione sodium bisulfate): 20 mcg
- Biotin: 75 mcg
- Folic acid (folate): 100 mcg
- Inositol: 400 mcg
- L-Tyrosine: 8 mg
- Calcium pantothenate: 3 mg
- Calcium carbonate: 4 mg
- Calcium lactate: 8 mg
- Chlorophyll (chlorophyllin): 2.5 mg

**Additional ingredients:**

- Biotin
- Vitamin B12
- Vitamin C
- Vitamin D3
- Vitamin E
- Vitamin K1
- Folic acid (folate)
- Inositol
- L-Tyrosine
- Calcium pantothenate
- Calcium carbonate
- Calcium lactate
- Chlorophyll (chlorophyllin)

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**Keep out of reach of children.**