

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin B-12 (as cyanocobalamin)	40 mcg	666%
Calcium (from calcium glycinate)	1.4 mg	<2%
Iron (from ferrous bis-glycinate)	20 mcg	<2%
Iodine (from potassium iodide)	0.04 mg	<2%
Magnesium (from magnesium glycinate)	1.1 mg	<2%
Zinc (from zinc glycinate)	9mcg	<2%
Selenium (from selenium glycinate)	1 mcg	<2%
Copper (from copper glycinate)	0.8 mcg	<2%
Manganese (from manganese glycinate)	5 mcg	<2%
Chromium (from chromium glycinate)	4 mcg	3%
Molybdenum (from molybdenum glycinate)	0.3 mcg	<2%
Potassium (from potassium iodide)	42.8 mg	<2%
Fenugreek Seed (trigonella foenum graecum)	300 mg	**
Saw Palmetto Berry (serenoa repens) pe 4:1 extract	200 mg	**
Blessed Thistle Herb (cnicus benedictus)	200 mg	**
Dandelion Root (taraxacum officinale)	200 mg	**
Dong Quai Root (angelica sinensis)	200 mg	**
Fennel Seed (foeniculum vulgare)	200 mg	**
Passion Flower (passiflora incarnata)	200 mg	**
Sarsaparilla Root (smilax febrifuga)	200 mg	**
Wild Yam Root (dioscorea villosa)	200 mg	**
Cobalt (from cyanocobalamin)	0.7 mcg	**
Vanadium (from vanadyl sulfate)	0.4 mcg	**

* Percent Daily Value based on a 2000 calorie diet for adults and children over 4 years of age.

** Daily Value not established

Other Ingredients: Gelatin capsule (gelatin and water) and gelatin.

Warning: As with any dietary supplement, if you are pregnant or nursing seek the advice of your healthcare professional. **Keep out of the reach of children.**