

Supplement Facts

Serving size 2 capsules

Servings per container 60

	Amount Per Serving	%DV
Vitamin A (as vitamin A acetate and 50% beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg	223%
Vitamin K (as vitamin K ₂)	42.5 mcg	35%
Thiamin (as thiamin HCl) (B ₁)	5 mg	417%
Riboflavin (as vitamin B ₂ and 61% riboflavin 5' phosphate (activated B ₂))	6 mg	462%
Niacin (as niacin and 56% niacinamide)	22.5 mg	141%
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B ₆))	5.85 mg	344%
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	500 mcg	20,833%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc citrate)	12 mg	109%
Selenium (as selenomethionine)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	200 mcg	571%

Molybdenum (as molybdenum glycinate chelate) (TRAACS [®])	75 mcg	*
Vitamin K ₂ (menaquinone-7)	80 mcg	*
Mixed tocopherols	20 mg	*
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid (thioctic acid)	37.5 mg	*
Coenzyme Q ₁₀	30 mg	*

MacularSynergy Extra[†]

FloraGLO [®] lutein	5 mg	*
Zeaxanthin	1 mg	*

CognitivePro Complex[†]

Cognizin [®] citicoline	50 mg	*
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg	*

Cardio Polyphenol Complex[†]

Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg	*
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*

* Daily value (DV) not established