

Supplement Facts

Serving Size 2 Tablespoons (30 mL)

Servings Per Container About 30

	Amount Per Serving	% DV for 18+ Years
Calories	35	
Total Carbohydrate	9 g	3%*
Vitamin D (as Cholecalciferol)	20 mcg (800 IU)	100%
Calcium (as Calcium Citrate)	120 mg	9%
Magnesium (as Magnesium Citrate)	95 mg	23%
Zinc (as Zinc Citrate)	8 mg	73%
Selenium (as Selenium Amino Acid Chelate)	50 mcg	91%
Copper (as Copper Citrate)	0.05 mg	6%
Manganese (as Manganese Citrate)	5 mg	217%
Chromium (as Chromium Polynicotinate)	50 mcg	143%

Septitone™ Fermented Bilberry Fruit Extract	100 mg	†
Proprietary Blend	67 mg	†
Methylsulfonylmethane, Silicon Dioxide, Hesperidin, Boron Citrate		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Purified Water, Vegetable Glycerin, Natural Flavors, Citric Acid, Xanthan Gum, and Evaporated Sea Water.

Distributed by MRO MaryRuth, LLC | Los Angeles, CA 90035

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Vegan Vitamin D3 from Lichen.

Evaporated Sea Water with Naturally Occurring Trace Minerals.