

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin D (as Cholecalciferol)	25 mcg	125%
Vitamin K (as Menaquinone-7)	45 mcg	37.5%
Folate (as L-5-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Magnesium (as Magnesium Oxide and as Magnesium Glycinate)	150 mg	36%
Zinc (as Zinc Citrate)	15 mg	136%
Chromium (as Chromium Picolinate)	100 mcg	286%
Inositol	750 mg	†
Berberine Complex (HCL and 10:1 Extract)	500 mg	†
Cinnamon Bark Extract (30:1 Extract)	200 mg	†
Chaste Tree Fruit Extract (10:1 Extract)	150 mg	†
Ashwagandha Root Extract (10:1 Extract)	100 mg	†
Diindolylmethane (DIM)	75 mg	†
D-Chiro Inositol	50 mg	†
Bitter Melon Fruit Extract (30:1 Extract)	50 mg	†
BioPerine® Black Pepper Fruit Extract	5 mg	†

†Daily Value (DV) not established

OTHER INGREDIENTS: Hypromellose (Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.