



## AM FORMULA

<b>Vitamin A</b> (Retinyl Palmitate)	600mcg RAE	2000iu	67%
<b>Vitamin B2</b> (Riboflavin)		1.7mg	130%
<b>Vitamin B3</b> (Niacinamide)		12.5mg NE	78%
<b>Vitamin B5</b> (Pantothenic Acid)		2.5mg	60%
<b>Vitamin B6</b> (Pyridoxine)		3.8mg	223%
<b>Vitamin B12</b> (Methylcobalamin)		12mcg	500%
<b>Vitamin C</b> (Ascorbic Acid)		120mg	133%
<b>Vitamin D3</b> (Cholecalciferol)	62.5mcg	2500iu	310%
<b>Vitamin K2</b> (Menaquinone-7)		100mcg	83%
<b>Folate</b> (Folic Acid)	666mcg	DFE	167%
<b>Iron</b> (Ferrous Fumarate)		14.5mg	81%
<b>Zinc Citrate</b>		10mg	91%
<b>Green Tea Extract</b> (Carnellia S.)	50%EGCG	200mg	*
<b>Don Quai</b> PE 4:1 (Angelica S.)		400mg	*



## PM FORMULA

<b>Magnesium</b> (Magnesium Glycinate)	150mg	65%
<b>Melatonin</b>	10mg	*
<b>Ashwagandha</b> PE 4:1	300mg	*