

Catalyst Multivitamin

Supplement Facts

Serving Size: 2 tablets | Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and mixed carotenes)	750 mcg RAE	80%
Vitamin C (as ascorbic acid and acerola fruit extract)	200 mg	220%
Vitamin D (as ergocalciferol)	10 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate with mixed tocopherols and tocotrienols)	20 mg	130%
Thiamin (as thiamin mononitrate and from baker's yeast)	3 mg	250%
Riboflavin (as riboflavin and from baker's yeast)	3.4 mg	260%
Niacin (as niacinamide and from baker's yeast)	10 mg NE	60%
Vitamin B ₆ (as pyridoxal-5-phosphate and from baker's yeast)	4 mg	240%
Folate (as calcium L-5 methyltetrahydrofolate and from baker's yeast) (equivalent to 333 mcg Folic acid)	555 mcg DFE	140%
Vitamin B ₁₂ (as cyanocobalamin and from baker's yeast)	12 mcg	500%
Biotin (as biotin from baker's yeast)	150 mcg	500%
Pantothenic Acid (as calcium D-pantothenate and from baker's yeast)	20 mg	400%
Choline (as choline bitartrate)	25 mg	5%
Calcium (as calcium citrate-malate)	25 mg	2%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium oxide, magnesium bisglycinate)	335 mg	80%
Zinc (as zinc bisglycinate chelate)	7.5 mg	70%
Selenium (as L-selenomethionine)	100 mcg	180%
Copper (as copper glycinate)	1 mg	110%
Manganese (as manganese glycinate)	1 mg	45%
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	570%
Molybdenum (as molybdenum glycinate chelate)	37.5 mcg	80%
Sodium	5 mg	<1%
Boron (as boron glycine)	1 mg	†
Vanadium (as vanadium amino acid chelate)	100 mcg	†
Ashwagandha** root and leaf extract (<i>Withania somnifera</i>)	62.5 mg	†
Inositol	12.5 mg	†
Alpha-Lipoic Acid	7.5 mg	†
Spirulina	100 mg	†
Coenzyme Q10	6 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, rice hull concentrate, hydroxypropyl methylcellulose, Glyconutrient Proprietary Blend (Acacia gum, Arabinogalactan (from *Larix* spp. wood)[§], gum tragacanth, Aloe vera extract (inner leaf gel powder)[‡], Proprietary Berry Blend (strawberry, blueberry, raspberry, tart cherry, elderberry, cranberry), Proprietary Veggie Blend (broccoli, broccoli sprouts, tomato, carrot, spinach, kale), peppermint flavor, glycerin.

‡ Manapol® Aloe vera extract

§ AmbroGuard® Arabinogalactan powder

**Sensoril® Ashwagandha

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Please read the product labels for detailed information.