

ROOTS

Supplement Facts

Serving size 2 vegetarian capsules

Servings per container 45

	Amount Per Serving	%DV
Vitamin E (as d-alpha tocopherol and mixed tocopherols)	(90 IU) 60 mg	400%
Thiamin (as thiamin HCl)	12 mg	1000%
Riboflavin	12 mg	923%
Niacin (as niacinamide, nicotinic acid)	44 mg NE	275%
Vitamin B6 (as pyridoxine HCl)	4 mg	235%
Folate (as L-5-methyltetrahydrofolate calcium)	160 mcg DFE	40%
Vitamin B12 (as methylcobalamin)	8 mcg	333%
Biotin	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	60 mg	1200%
Choline (as choline bitartrate)	50 mg	9%
Magnesium (as magnesium citrate)	50 mg	12%
Zinc (as zinc glycinate)	8 mg	73%
Selenium (as L-selenomethionine)	32 mcg	58%
Manganese (as manganese aspartate)	4 mg	174%
Chromium (as chromium polynicotinate)	280 mcg	800%
N-Acetyl L-Cysteine	300 mg	*
Gymnema Extract (<i>Gymnema sylvestre</i>) (leaf)	140 mg	*
Alpha Lipoic Acid	80 mg	*
L-Carnitine (as L-carnitine L-tartrate)	20 mg	*
Inositol	16 mg	*
PABA (para-aminobenzoic acid)	12 mg	*
Vanadium (as vanadyl sulfate)	20 mcg	*
Proprietary Blend:	212 mg	*
Glucoamylase		
Amylase		
Invertase		
Maltase		
Poria Cocos Powder (whole fungus)		
Betaine HCl		

*Daily Value (DV) not established.

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Other ingredients: Vegetarian capsule (hypromellose), cellulose, dicalcium phosphate