

ROOTS

Supplement Facts

Serving size 1 capsule

Servings per container 90

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate)	(1000 IU) 300 mcg RAE	33%
Vitamin D (as cholecalciferol)	(100 IU) 2.5 mcg	13%
Riboflavin	20 mg	1538%
Niacin (as niacinamide)	15 mg NE	94%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Magnesium (as magnesium citrate)	30 mg	7%
Zinc (as zinc glycinate)	10 mg	91%
Selenium (as L-selenomethionine)	20 mcg	36%
Copper (as copper gluconate)	0.2 mg	22%
Manganese (as manganese gluconate)	5 mg	217%
Ashwagandha Extract (<i>Withania somnifera</i>) (root)	275 mg	*
Thyroid (bovine)	75 mg	*
Bromelain (plant enzyme)	15 mg	*
Proprietary Blend:	38.5 mg	*
Betaine HCl		
Peptidase		
CoQ10 (as ubiquinone)		

*Daily Value (DV) not established.

Other ingredients: Capsule (gelatin), cellulose, dicalcium phosphate.