

# Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30 & 60

| 1 packet contains   | Amount Per Serving | % Daily Value | 1 packet contains  | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|--|--------------------|---------------|
| Calories  | 15                 |               | Zinc (as TRAACS® Zinc Bisglycinate Chelate)  | 10 mg              | 91%           |
| Total Fat   | 1.5 g              | 2%*           | Selenium (as Selenium Glycinate Complex)   | 100 mcg            | 182%          |
| Cholesterol   | <5 mg              | <2%           | Copper (as TRAACS® Copper Bisglycinate Chelate)  | 1 mg               | 111%          |
| Vitamin A<br>(from 7,500 IU as Betatene® Natural Mixed Carotenoids, Palmitate)              | 2,250 mcg          | 250%          | Manganese (as TRAACS® Manganese Bisglycinate Chelate)  | 2 mg               | 87%           |
| Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)                                     | 500 mg             | 556%          | Chromium (as O-polynicotinate)†  | 200 mcg            | 571%          |
| Vitamin D (D3 as Cholecalciferol)   | 25 mcg (1,000 IU)  | 125%          | Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)   | 25 mcg             | 56%           |
| Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)                                 | 67 mg              | 447%          | Potassium (as Potassium Citrate USP)   | 50 mg              | 1%            |
| Vitamin K<br>(K1 as Phytanadione, K2 as Menaquinone-7 (MK-7, MenaQ7®PRO))                   | 62.5 mcg           | 52%           | <b>Total Omega-3s (as Triglycerides)</b>   | 950 mg             | **            |
| Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)                                      | 25 mg              | 2,083%        | EPA (Eicosapentaenoic Acid)  | 430 mg             | **            |
| Riboflavin (Vitamin B2 USP)   | 25 mg              | 1,923%        | DHA (Docosahexaenoic Acid)   | 390 mg             | **            |
| Niacin (as Niacin USP, Niacinamide USP)   | 25 mg              | 156%          | Omega-3s (additional)  | 130 mg             | **            |
| Vitamin B6 (as Pyridoxine Hydrochloride USP)  | 37 mg              | 2,176%        | Turmeric Root Extract<br>(Standardized to contain 95% Curcuminoids)  | 200 mg             | **            |
| Folate<br>(from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt) | 680 mcg DFE        | 170%          | Broccoli Seed Extract (TrueBroc®)<br>(Standardized to contain 13% Glucoraphanin)   | 115 mg             | **            |
| Vitamin B12 (as Methylcobalamin)  | 500 mcg            | 20,833%       | Inositol NF  | 50 mg              | **            |
| Biotin  | 200 mcg            | 667%          | Mixed Tocopherols  | 50 mg              | **            |
| Pantothenic Acid (as d-Calcium Pantothenate USP)  | 150 mg             | 3,000%        | <i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (Roots))   | 50 mg              | **            |
| Choline (as Choline Bitartrate)   | 19 mg              | 3%            | <i>Andrographis paniculata</i> Extract (Leaves)<br>(ParActin®(Bioactive 14-Neo-Andro Compound)) (Standardized to contain 50% Andrographolides) | 30 mg              | **            |
| Calcium (as DimaCal® Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)   | 100 mg             | 8%            | Rutin  | 25 mg              | **            |
| Iodine (from Kelp)  | 112 mcg            | 75%           | Boron (as Bororganic™ Glycine)   | 1.5 mg             | **            |
| Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Lysinate Glycinate Chelate)             | 200 mg             | 48%           | Vanadyl Sulfate Hydrate  | 1 mg               | **            |

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid, Silicon Dioxide, Highly Refined and Concentrated Omega-3 Fish Oil (**anchovy**), Capsule Shell (gelatin, glycerin, purified water), Natural Lemon/Lime Flavor, and a Proprietary Antioxidant Blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate).

MenaQ7®PRO is a registered trademark of NattoPharma ASA, Norway; Patents pending and granted.

**MenaQ7®PRO**  
Vitamin K2 as MK-7