Suggested Use: Take 2 capsules once daily, with meals, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

Other Ingredients: Rice flour, gelatin, and magnesium stearate. For your protection, this container has an outer safety seal. (Do not

accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place. KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com Distributed by: Indiana Botanic Gardens, Inc. 3401 W. 37th Ave. Hobart, IN 46342



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts Serving Size 2 Capsules

Servings Per Container 60

Amount Per Serving	% Daily V	alue **
Thiamin (Vitamin B-1)	50 mg	3,333%
(as thiamine HCI)		
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (Vitamin B-3)	50 mg	250%
(as niacinamide)		
Vitamin B-6	100 mg	5,000%
(as pyridoxine HCI)		
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667%
lodine (as potassium iodide)	190 mcg	127%
Magnesium (as magnesium oxide)	310 mg	78%
Zinc (as zinc picolinate)	25 mg	167%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as cupric oxide)	1.50 mg	75%
Manganese (as manganese sulfate)	10 mg	500%
Irish moss powder (dried plant)	75 mg	<u> </u>
L-Tyrosine	100 mg	t
† Daily Value not estalished		
** Daily Values are based on a 2,000 calorie per day diet		