

Ingredient Specifications	Targeted Traits
Vitamin A 5,000 IU	Vision--Immune Function--Hearing--Skin--Halitosis
Vitamin C 500 mg	General Health--Immune Function--Vision--Hearing--Skin--Halitosis--Jet Lag--Cold Tolerance -- Stamina
Vitamin D 1,000 IU (as D3)	Hearing--Prostate
Vitamin E 400 IU (as d-alpha Tocopheryl Acetate)	Vision--Prostate--Immune Function--Circulation--Halitosis--Cold Tolerance--Cognitive Concentration--Hearing -- Stamina
Vitamin K (Present in Chlorophyll)	
Thiamin (B1) 30 mg (Mononitrate)	Vision--Hearing--Stamina
Riboflavin (B2) 30 mg	Skin--Circulation--Immune Function
Niacin (B3) 40 mg	Cold Tolerance--Prostate--Jet Lag
Vitamin B6 30 mg (as Pyridoxine HCL)	Cognitive Concentration
Vitamin B12 100 mcg (as Cyanocobalamin)	
Bilberry 45% Extract 200 mg (as Anthocyanoside)	Vision
Biotin 300 mcg (Pure)	General Health--Hair/Nail Health
Calcium 100 mg (as Calcium Carbonate)	General Health -- Stamina
Chlorophyll 100 mg	Halitosis
Chromium 200 mcg (as Chromium Picolinate)	Stamina -- Obesity
Citrus Bioflavonoids 25% 40 mg	Vision--Circulation--Cholesterol Maintenance -- Cognitive Concentration--Stamina
Copper 2 mg (as Copper Sulfate)	Vision--Prostate -- Stamina
Folic Acid 800 mcg	Hearing--Cognitive Concentration--Halitosis
Ginkgo Biloba Extract (24%/6%) 120 mg	Prostate--Cognitive Concentration--Altitude Sickness Prevention
Grape Seed (95% Extract) 50 mg	Vision
Iodine 150 mcg (as Potassium Iodide)	General Health
Iron 4 mg (as Ferrous Fumarate)	General Health -- Stamina
Korean Ginseng (25% Extract) 200 mg	Fatigue Reduction
L Glutathione 25 mg	Vision
Lutein 10 mg	Vision
Lycopene 30 mg	Vision
Magnesium 300 mg (as Magnesium Oxide)	Vision--Hearing--Stamina
Manganese 2 mg (as Manganese Sulfate)	General Health
Molybdenum 75 mcg (as Sodium Molybdate)	General Health
N-Acetyl-Cysteine 50 mg	Vision

Pantothenic Acid 5 mg (as Calcium Pantothenate)	General Health
Selenium 200 mcg (as Sodium Selenate)	Hearing--Prostate--Immune Function--Halitosis
Zeaxanthin 5 mg	Vision
Zinc 30 mg (as Zinc Oxide)	Vision--Prostate--Immune Function -- Stamina

*1 IU=0.3 mcg

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