

# First Step Multi Supplement Facts

Serving Size: 2 Wells (1.82 g)

Servings Per Container: 15.5

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (50% Beta Carotene + 50% Retinyl Palmitate)	1500 mcg RAE	167%	Pantothenic Acid (D-Calcium Pantothenate)	5 mg	100%
Vitamin C (Ascorbic Acid)	180 mg	200%	Iodine (Potassium Iodide)	150 mcg	100%
Vitamin D (Cholecalciferol)	75 mcg (3000 IU)	375%	Magnesium (Magnesium Amino Acid Chelate)	20 mg	5%
Vitamin E (d-alpha-Tocopherol Succinate)	30 mg	200%	Zinc (Zinc Monomethionine) (OptiZinc®)	15 mg	136%
Vitamin K (Phylloquinone)	120 mcg	100%	Selenium (L-Selenomethionine)	55 mcg	100%
Thiamine (Thiamine Mononitrate)	1.2 mg	100%	Chromium (Chromium Polynicotinate)	35 mcg	100%
Riboflavin	1.3 mg	100%	Molybdenum (Sodium Molybdate)	22.5 mcg	50%
Niacin (Niacinamide)	8 mg	50%	Horsetail Extract (Horsetail Grass Extract)	20 mg	†
Vitamin B6 (Pyridoxal-005-Phosphate)	1.7 mg	100%	MSM (Methylsulfonylmethane)	200 mg	†
Folate (L-Methylfolate (Metafolin®))	400 mcg DFE (240 mcg Folic Acid)	100%	DMAE Bitartrate (Dimethylaminoethonal Bitartrate)	100 mg	†
Vitamin B12 (Cyanocobalamin)	12 mcg	500%	Collagen Hydrolysed	50 mg	†
Biotin (D-Biotin)	2500 mcg	8333%	† Daily Value (DV) not established.		

**Other Ingredients:** Natural Flavors, Citric Acid, Stevia Extract

Metafolin is a trademark of Merck KGaA, Darmstadt, Germany.  
OptiZinc® & logo are trademarks of Lonza or its affiliates.

