

**Vi-Shape Vitamin and Mineral  
Amounts Per Serving**

1. Vitamin A Palmitate	Vitamin A	1500 IU
2. Ascorbic Acid	Vitamin C	12 mg
3. Cholecalciferol	Vitamin D	120 IU
4. Vitamin E Acetate	Vitamin E	9 IU
5. Phytomenadione	Vitamin K1	24 mcg
6. Thiamine Mononitrate	Thiamine	0.45 mg
7. Riboflavin	Riboflavin	0.5 mg
8. Niacinamide	Niacin	6 mg
9. Pyridoxine HCL	Vitamin B6	0.6 mg
10. Folic acid	Folic Acid	120 mcg
11. Cyanocobalamin	Vitamin B12	1.8 mcg
12. Biotin	Biotin	90 mcg
13. Calcium Pantothenate	Vitamin B5	3 mg
14. DiCalcium Phosphate	Calcium	300 mg
Naturally Occurring	Iron	0.9 mg
14. DiCalcium Phosphate & 15. DiPotassium Phosphate	Phosphorus	300 mg
16. Potassium Iodide	Iodine	45 mcg
17. Magnesium Oxide & 18. Magnesium Phosphate	Magnesium	120 mg
19. Zinc Oxide	Zinc	4.5 mg
20. Selenium Amino Acid Chelate	Selenium	21 mcg
21. Copper Gluconate	Copper	0.6 mg
22. Manganese Sulfate	Manganese	0.6 mg
23. Chromium Amino Acid Chelate	Chromium	36 mcg
24. Molybdenum Amino Acid Chelate	Molybdenum	23 mcg