

ITEM #3661
B3660 14H



ACTUAL
SIZE



Timed Release

ONE™

Multivitamin/Mineral Formula
*Supports Heart & Immune Health**

CERTIFIED
100%
NATURAL
d-ALPHA

E Dietary Supplement

60 TABLETS



Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	10,000 IU	200%
** Vitamin C (as Ascorbic Acid with Rose Hips)	250 mg	417%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
** Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	25 mg	1,667%
** Riboflavin (Vitamin B-2)	25 mg	1,471%
** Niacin (as Niacinamide)	50 mg	250%
** Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
** Folic Acid	400 mcg	100%
** Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
** Biotin (as d-Biotin)	50 mcg	17%
** Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as Tricalcium Phosphate, d-Calcium Pantothenate and Dicalcium Phosphate)	50 mg	5%
Iron (as Ferrous Fumarate)	10 mg	56%

Supplement Facts

Amount Per Serving	%Daily Value	
Phosphorus (as Tricalcium Phosphate and Dicalcium Phosphate)	23 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Sulfate)	15 mg	100%
Selenium (as Selenium Yeast)	25 mcg	36%
Copper (as Copper Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	5 mg	250%
Chromium (as Chromium Chloride)	100 mcg	83%
Molybdenum (as Sodium Molybdate)	15 mcg	20%
Chloride (as Potassium Chloride)	1 mg	< 1%
Potassium (as Potassium Chloride)	1 mg	< 1%
PABA (Para-Aminobenzoic Acid)	50 mg	***
Inositol	15 mg	***
Choline Bitartrate	15 mg	***

***Daily Value not established.

Other Ingredients: Hypromellose, Silica, Vegetable Magnesium Stearate, Vegetable Cellulose, Titanium Dioxide Color, Guar Gum, Citrus Bioflavonoids, Rutin, Kelp, Dolomite, Brewer's Yeast.

Contains wheat ingredients.

**No Milk or Milk Derivatives, No Lactose, No Egg,
No Grapefruit, No Fish, No Sugar, No Artificial Flavor.**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Directions: For adults, take one (1) tablet daily, preferably with a meal.

****Specially formulated to provide a gradual release of vitamins and minerals over a prolonged period of time for maximum nutritional benefit.**

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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

Manufactured by **Good 'N Natural, Bohemia, NY 11716 USA**
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