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PLEASE RECYCLE
THIS BOTTLE
HDPE

Tamper Evident.
Use only if seal is intact.

Contains no artificial colors, flavors or preservatives.

www.wholefoodsmarket.com

DISTRIBUTED BY: WHOLE FOODS MARKET
550 BOWIE STREET • AUSTIN, TX 78703
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KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE

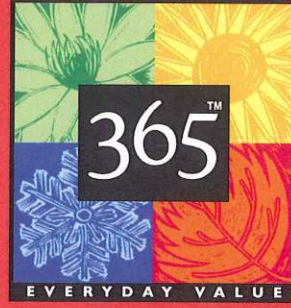
DIETARY
SUPPLEMENT

Adult Multi Mature

1
DAILY

For Adults 50 Plus
Contains Natural Vitamin E
With Added Lutein & Lycopene

90 IRON-FREE
TABLETS



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Vitamin A (as 60% acetate, 40% beta carotene)	5000 IU 100%
Vitamin C (as ascorbic acid)	60mg 100%
Vitamin D (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl)	45 IU 150%
Vitamin K (as phytonadione)	10mcg 13%
Thiamin (as thiamin mononitrate)	1.5mg 100%
Riboflavin	1.7mg 100%
Niacin (as niacinamide)	20mg 100%
Vitamin B6 (as pyridoxine HCL)	3mg 150%
Folic Acid (folate)	400mcg 100%
Vitamin B12 (as cyanocobalamin)	30mcg 500%
Biotin (as d-biotin)	30mcg 10%
Pantothenic Acid (as d-calcium pantothenate)	10mg 100%
Calcium (as calcium phosphate)	200mg 20%
Phosphorus (from calcium phosphate)	48mg 5%
Iodine (from kelp)	150mcg 100%
Magnesium (as magnesium oxide)	100mg 25%
Zinc (as zinc oxide)	15mg 100%
Selenium (as selenomethionine)	20mcg 29%
Copper (as copper oxide)	2mg 100%
Manganese (as manganese sulfate)	3.5mg 175%
Chromium (as chromium chloride)	150mcg 125%
Molybdenum (as sodium molybdate)	150mcg 200%
Chloride (from potassium chloride)	72mg 2%
Potassium (as potassium chloride)	80mg 2%
Silicon (as silicon dioxide)	2mg *
Lycopene	300mcg *
Lutein	250mcg *
Boron (as boron amino acid chelate)	150mcg *
Vanadium (as vanadium amino acid chelate)	10mcg *
Nickel (as nickel amino chelate)	5mcg *

*Daily Value (DV) not established

DIRECTIONS: TAKE ONE
TABLET DAILY WITH FOOD.

OTHER INGREDIENTS:

MICROCRYSTALLINE
CELLULOSE, STEARIC ACID,
ETHYLCELLULOSE,
CROSCARMELOSE SODIUM,
SILICON DIOXIDE,
MAGNESIUM STEARATE.

ALLERGEN INFORMATION:

CONTAINS SOY INGREDIENTS.
GOOD MANUFACTURING
PRACTICES USED TO SEGREGATE
INGREDIENTS IN A FACILITY THAT
ALSO PROCESSES MILK, EGG, FISH,
SHELLFISH, TREE NUT, AND WHEAT
INGREDIENTS.

This formula has been specially
formulated with natural
vitamin E, vitamin B12,
calcium, phosphorus,
chromium, lutein and lycopene
to offer the most advanced
formula possible for your active
adult years. Convenience of one
tablet a day and iron-free!

Note: If you are pregnant or lactating, consult your health care practitioner before using this product.