



# HI-POTENCY MULTI-VITAMIN & MINERAL

Pharmacist Recommended

Complete Nutritional Support†  
Essential Daily Formula†

90 TABLETS | DIETARY SUPPLEMENT

**DIRECTIONS:** Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN.**

Protect from heat, light & moisture.

Store in a cool, dry place.

Do not purchase if seal is broken.

**MADE IN THE U.S.A.**

For more info, visit us  
at [www.windmillvitamins.com](http://www.windmillvitamins.com)

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ITEM: 210 / TC: 938009N2



## Supplement Facts

Serving Size: 1 Tablet

|                                                                                                                                    | Amount Per Serving | %Daily Value |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|
| Vitamin A .....                                                                                                                    | 5,000 IU           | 100%         |
| (as retinyl palmitate & 25% as beta-carotene)                                                                                      |                    |              |
| Vitamin C (as ascorbic acid & with rose hips) .....                                                                                | 150 mg             | 250%         |
| Vitamin D (as cholecalciferol) .....                                                                                               | 400 IU             | 100%         |
| Vitamin E (as dl-alpha-tocopheryl acetate) .....                                                                                   | 30 IU              | 100%         |
| Thiamin (as thiamin HCl) .....                                                                                                     | 5 mg               | 333%         |
| Riboflavin .....                                                                                                                   | 10 mg              | 588%         |
| Niacin .....                                                                                                                       | 20 mg              | 100%         |
| Vitamin B6 (as pyridoxine HCl) .....                                                                                               | 2 mg               | 100%         |
| Folate (as folic acid) .....                                                                                                       | 400 mcg            | 100%         |
| Vitamin B12 (as cyanocobalamin) .....                                                                                              | 12 mcg             | 200%         |
| Pantothenic acid (as D-calcium pantothenate) .....                                                                                 | 10 mg              | 100%         |
| Calcium (as dicalcium phosphate) .....                                                                                             | 100 mg             | 10%          |
| Phosphorus (as dicalcium phosphate) .....                                                                                          | 75 mg              | 8%           |
| Iodine (from kelp ( <i>Ascophyllum nodosum</i> )) .....                                                                            | 150 mcg            | 100%         |
| Magnesium (as magnesium oxide) .....                                                                                               | 100 mg             | 25%          |
| Zinc (as zinc citrate) .....                                                                                                       | 15 mg              | 100%         |
| Copper (as copper gluconate) .....                                                                                                 | 1.35 mg            | 68%          |
| Manganese (as manganese gluconate) .....                                                                                           | 1.1 mg             | 55%          |
| Bioflavonoid complex .....                                                                                                         | 30 mg              | *            |
| Citrus bioflavonoids & rutin                                                                                                       |                    |              |
| Choline (as choline bitartrate) .....                                                                                              | 5 mg               | *            |
| Inositol .....                                                                                                                     | 6.5 mg             | *            |
| Phytonutrient blend .....                                                                                                          | 50 mg              | *            |
| Alfalfa leaf, carrot root, cauliflower floret, celery seed, garlic bulb,<br>leek (whole plant), oat bran, onion bulb and rice bran |                    |              |

\*Daily value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, croscarmellose sodium, wheat germ and pharmaceutical glaze.

CAUTION: Flushing and feeling of warmth may be associated with the ingestion of niacin-containing products.

**NO** SUGAR, STARCH, MILK, ARTIFICIAL  
FLAVORS OR PRESERVATIVES

Distributed by  
Windmill Health Products®,  
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