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Since 1972

Selenium (amino acid chelate)	50mcg	91%
Copper (gluconate)	2mg	222%
Manganese (amino acid chelate)	2.9mg	126%

Proprietary Blend 25mg †
Yucca Whole Plant (*Yucca schidigera*), Hesperidin Bioflavonoid Extract, Inositol, Lemon Bioflavonoid Extract, Para-Aminobenzoic Acid (PABA), Rutin, Alfalfa Aerial Parts (*Medicago sativa*), Kelp Leaf & Stem (*Ascophyllum nodosum*, *Laminaria digitata*), Rose Hips (*Rosa canina*), Chamomile Flowers (*Matricaria recutita*), Dandelion Root (*Taraxacum officinale*), Myrrh Gum (*Commiphora molmo*), Goldenseal Root Extract (*Hydrastis canadensis*), Wheat Germ (*Triticum aestivum*).

†Daily Value not established.

Other Ingredients: Cellulose (plant), stearic acid (vegetable), magnesium stearate (vegetable), silicon dioxide.

GUARANTEED PURE

Recommendation: Take one tablet daily with a meal.

WARNING: Accidental overdose of iron - containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Product of U.S.A.



Time Release
**MULTIPLE VITAMINS
& MINERALS**

Dietary Supplement
60 TABLETS

Stock No. 1619

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225

www.naturessunshine.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%Daily Value
Vitamin A (palmitate)	900mcg 100%
Vitamin C (ascorbic acid)	250mg 278%
Vitamin D ₃ (cholecalciferol)	25mcg 125%
Vitamin E (d-alpha tocopheryl acetate)	22mg 147%
Thiamin (B ₁)	25mg 2083%
Riboflavin (B ₂ , mononitrate)	25mg 1923%
Niacin (niacinamide)	50mg 313%
Vitamin B ₆ (pyridoxine hydrochloride)	25mg 1471%
Folate (methyltetrahydrofolate calcium salt)	667mcg DFE 167%
Vitamin B ₁₂ (methylcobalamin)	50mcg 2083%
Biotin	300mcg 1000%
Pantothenic Acid (d-calcium pantothenate)	50mg 1000%
Choline (bitartrate)	1.1mg <1%
Calcium (dicalcium phosphate)	50mg 4%
Iron (ferrous fumarate)	20mg 111%
Phosphorus (dicalcium phosphate)	35mg 3%
Iodine (potassium iodide)	150mcg 100%
Zinc (acetate)	30mg 273%

LOT:

Full Potency Through: