



Herb Specialists 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 (<i>Yucca schidigera</i>), Hesperidin Bioflavonoid Extract, Inositol, Lemon Bioflavonoid Extract, Para-Aminobenzoic Acid (PABA), Rutin, Alfalfa Aerial Parts (<i>Medicago sativa</i>), Kelp Leaf & Stem (<i>Ascophyllum nodosum</i> , <i>Laminaria digitata</i>), Rose Hips (<i>Rosa canina</i>), Chamomile Flowers (<i>Matricaria recutita</i>), Dandelion Root (<i>Taraxacum officinale</i>), Goldenseal Root Extract (<i>Hydrastis canadensis</i>), Wheat Germ (<i>Triticum aestivum</i>).		
†Daily Value not established.		

Other Ingredients: Cellulose, vegetable stearic acid, vegetable magnesium stearate, 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
naturesunshine.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%Daily Value	
Vitamin A (palmitate)	900mcg RAE	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 NE	313%
Vitamin B ₆ (pyridoxine hydrochloride)	25mg	1471%
Folate (methyltetrahydrofolate calcium salt)	667mcg DFE	167%
	(400 mcg folic acid)	
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:
Best By: