

Dr. Sinatra's **Heart Healthy Multivitamin™** is a Daily Essential formula. It provides daily nutrition with added support for heart, bone, and overall health.†

UNCONDITIONALLY GUARANTEED

for purity and labeled potency. Store bottle in a cool, dry place.

Precautions: Consult a health care practitioner before use if you're pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by US Patent No. 7,947,662.

†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.



Heart Healthy Multivitamin™

Promotes heart and bone health and provides powerful antioxidant support†

Dietary Supplement

90 Tablets

Adult Usage: Take 3 tablets daily with a meal.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A (from beta carotene, retinyl palmitate)	1500 mcg RAE	167%	Selenium (as selenomethionine)	100 mcg	182%
Vitamin C (as mineral ascorbates, ascorbic acid)	400 mg	444%	Copper (as gluconate)	1 mg	111%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%	Manganese (as gluconate)	1.4 mg	61%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%	Chromium (as polynicotinate)	200 mcg	571%
Thiamine (as mononitrate)	20 mg	1667%	Molybdenum (as chelate)	80 mcg	178%
Riboflavin	20 mg	1538%	Antioxidant Support Blend		460 mg *
Niacin (as niacinamide)	40 mg NE	250%	Sour Orange Extract (peel)(50% hesperidin),		
Vitamin B6 (as pyridoxine hydrochloride)	40 mg	2353%	Grape Extract (seed), Olive Extract (leaf),		
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic®)	170 mcg DFE	43%	Artichoke Extract (leaf & flower), Pomegranate		
Vitamin B12 (as methylcobalamin)	250 mcg	10417%	Extract (fruit), Turmeric Extract (rhizome),		
Biotin	500 mcg	1667%	Black Cherry Extract (fruit), Cocoa (bean),		
Pantothenic Acid (as calcium pantothenate)	40 mg	800%	Mixed Tocopherols		
Calcium (as carbonate, ascorbate)	200 mg	15%	Cranberry Extract (fruit)		100 mg *
Iodine (from potassium iodide)	200 mcg	133%	Flax Powder (hull)		50 mg *
Magnesium (as oxide, ascorbate)	250 mg	60%	Broccoli Extract (flower)		50 mg *
Zinc (as oxide)	15 mg	136%	Silicon (as dioxide)		17 mg *
			Lutein (from marigold flower)		2 mg *
			Vanadium (as sulfate)		200 mcg *

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, beeswax, carnauba wax

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www.healthydirections.com



Expiration Date

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Lot No.