

Prod. No. 14315
 DIRECTIONS: For adults, take one (1) packet daily, preferably with a meal. If preferred, the cinnamon capsule can be opened and the capsule contents added to your favorite beverage or food.

Supplement Facts

Serving Size 1 Packet			
Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	0	Zinc (as Zinc Oxide)	11 mcg 12%
Total Carbohydrate	1g <1%*	Selenium (as Selenium Yeast and Sodium Selenate)	200 mcg 364%
Dietary Fiber	1g 4%*	Copper (as Cupric Sulfate)	0.5 mcg 20%
Sugars	1g —	Manganese (as Manganese Sulfate)	2.2 mcg 115%
Vitamin A	2,000 IU 50%	Chromium (as Chromium Picolinate)	240 mcg 360%
(as Vitamin A Acetate and 40% as Beta-Carotene)			
Vitamin C (as Ascorbic Acid)	600 mg 923%	Sodium (as Sodium Benzoate)	45 mcg 64%
(as 50% Cholecalciferol)	500 IU 125%	Chloride (as Potassium Chloride)	70 mg 2%
Vitamin D (as 50% Cholecalciferol)	50 IU 10%	Sodium	5 mg <1%
Vitamin E (as d-Alpha-Tocopheryl Acetate)	30 mcg 60%	Potassium (as Potassium Chloride)	60 mg 12%
Vitamin K (as Phylloquinone)	50 mcg 50%	Cinnamon (Cinnamomum ceylanicum bark)	1,000 mg (1 g)
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Alpha Lipoic Acid	50 mg —
Riboflavin (Vitamin B-2)	1.7 mg 100%	Rose Hips (Rosa canina) (fruit)	10 mg —
Niacin (as Nicotinamide)	25 mg 100%	Coenzyme Q-10	2 mg —
Vitamin B-6 (as Pyridoxine HCl)	2 mg 100%	Biotin (as Biotin Divalent)	360 mcg —
Folic Acid	800 mcg 200%	Lactin	290 mcg —
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Boron (as Boric Acid and Sodium Borate)	100 mcg —
Biotin (as d-Biotin)	30 mcg 10%	Vanadium (as Sodium Vanadate)	5 mcg —
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Nicotinamide (as Nicotinamide)	10 mg —
Calcium (as Calcium Carbonate)	370 mg 37%		
Dibasic Phosphate and d-Calcium Phosphate	100 mg 10%		
Phosphorus (as Dibasic Phosphate)	100 mg 10%		
Sulfur (as Potassium Sulfate)	50 mg 10%		
Magnesium (as Magnesium Oxide)	50 mg 12%		

Other Ingredients: Vegetable Cellulose, Gelatin, Rice Bran Oil, Brewer's Yeast, Silica, Vegetable Glycerin, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Titanium Dioxide Color, Croscollum, Turmeric, Zinc Oxide, Soy Lecithin, Yellow Benzoate, Starich, Natural and Artificial Flavors, FD&C Blue No. 2 Lake, FD&C Yellow No. 5 Lake, FD&C Red No. 40 Lake.

Contains soy and wheat ingredients.

No Artificial Sweeteners. No Sugar. No Milk. No Lactose. No Fish.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, please see your physician or pharmacist for advice. Do not use if you are taking any medication, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer seal is missing or torn.

014214 (02/24, 4/30, 1/4/20, 5/18/16, 10/08, 4/14/09, 4/7/11)



Part No. 22-14315

NATURE'S BOUNTY

Your Life

PRESCRIPTIVE FORMULAS[®]
 MULTIVITAMIN/MULTIMINERAL

Diabetes Support Packs

NATURE'S BOUNTY

Your Life

PRESCRIPTIVE FORMULAS[®]
 MULTIVITAMIN/MULTIMINERAL

Diabetes Support Packs

A COMPLETE DAILY NUTRITIONAL PROGRAM
 FORMULATED TO SYNERGISTICALLY WORK
 TOGETHER FOR OPTIMAL NUTRITION
 CONVENIENT INDIVIDUAL PACKS TO USE
 AT WORK, THE GYM, WHILE TRAVELING OR
 AT HOME.

Nutrition Questions or Comments?
 Call 1-800-433-2990
 Mon. - Sat. 9 AM - 7 PM ET

For additional health tips and to join
 our money saving Healthy Rewards[®] program,
 visit www.NaturesBounty.com



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*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.

- ▶ Balanced Multivitamin/Multimineral
- ▶ Alpha Lipoic Acid
- ▶ Cinnamon & Chromium Picolinate
- ▶ Selenium
- ▶ Folic Acid
- ▶ Co Q-10
- ▶ Vitamin C
- ▶ Sugar Free



Specialty Formulated
 Nutritional Support
 For People with Diabetes

30 DAY SUPPLY PACKETS

DIETARY SUPPLEMENT

Multivitamin/Mineral

A balanced supplement providing essential vitamins and minerals for antioxidant health.

Cinnamon/Chromium Picolinate

Cinnamon promotes healthy glucose and sugar metabolism, and these beneficial effects can in turn support heart and circulatory health. Taking advantage of the benefits of Cinnamon in supplement form may be a more practical choice than just relying on the small amounts found in some foods.

Vitamin C

Vitamin C plays an important role in supporting immune function. As an antioxidant, Vitamin C helps neutralize harmful free radicals in cells.

Folic Acid

Folic Acid is an essential B vitamin that helps maintain cardiovascular and nerve function.

Selenium

Selenium is an essential mineral that supports the immune system. As an integral part of thyroid hormone metabolism, Selenium assists in regulating the body's metabolism. Selenium also complements Vitamin E to help fight free radicals.

Co Q-10

Coenzyme Q-10 is naturally found in almost every cell of the body. Co Q-10 levels may decrease due to factors such as age and environmental stress.

Alpha Lipoic Acid

Alpha Lipoic Acid is a vitamin-like nutrient that supports good health.