

**Sundown
Naturals®**

GLUTEN-FREE

Vitamin Essentials

Multivitamin & Mineral Specialty Supplement Health Pack

**Sundown
Naturals®**

**Smart
Facts**

Sundown Naturals® Convenient, On-the-Go Vegetarian Gluten-Free Packs are formulated to meet the needs of the vegetarian consumer. Each packet contains a combination of ingredients specifically selected for individuals maintaining a vegan/vegetarian diet. This product is also gluten-free, therefore anyone supplementing a gluten-free diet can be comfortable supplementing with Sundown Naturals® Vitamin Essentials Health Pack.

Vegetarian Multivitamin contains a selection of vitamins and minerals needed by vegetarians, including Calcium, Vitamin B-12 & Zinc - popular nutrients often overlooked in the vegan/vegetarian diet.

Vegetarian DHA - Plant based source of DHA.



life's DHA is a trademark of DSM.

Time Released B Complex with Vitamin C - Animal products can be a plentiful source of B-Vitamins, such as B-12, therefore it is important for vegetarians to ensure they supplement with B Complex for energy metabolism.* A time release formula ensures B-Vitamin provide the benefits over a prolonged period.*



*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.

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Naturals®**

GLUTEN-FREE

Vitamin Essentials

**Multivitamin & Mineral
Specialty Supplement
Health Pack**

- Multivitamin with Chelated Minerals
- Calcium, Magnesium & Potassium
- Plant-Based DHA
- Time Released B-Complex



VEGETARIAN FORMULA

30 Packets

DIETARY SUPPLEMENT

**Sundown
Naturals®**

Where Being Healthy Comes Naturally

At Sundown Naturals®, our philosophy is simple - life is about balance. Finding the right balance of exercise, rest, work, play and nutrition isn't always easy. Sundown Naturals® vitamins and supplements are the perfect complement to your healthy diet and active lifestyle.

While no one can make healthy choices 100% of the time, you can rest assured that Sundown Naturals® is here to support you through every step of your journey.

At Sundown Naturals®, we care about your health. That's why we offer a full line of the best quality vitamins and supplements, many of which are gluten free, dairy free and vegetarian to suit your individual needs and active lifestyle. Trust Sundown Naturals®, where being healthy comes naturally.

DIRECTIONS: FOR ADULTS, TAKE ONE (1) PACKET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fruct, Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT. DO NOT USE IF OUTER WRAP IS TORN OR MISSING.

Questions? Call toll free 1-888-VITAHHELP (868-2435) or visit us at www.sundownnaturals.com

Manufactured by REXALL SUPPLEMENT, INC.
Boca Raton, FL 33487 USA

Supplement Facts

Amount Per Serving		%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary Fiber	1 g	6%*
Vitamin A (as 100% Beta Carotene)	7,500 IU	150%
Vitamin C (as Niacinamide Ascorbate and Ascorbic Acid)	370 mg	617%
Vitamin D (as D3 Ergocalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	150 IU	500%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	60 mg	5,333%
Riboflavin (Vitamin B-2)	60 mg	4,706%
Niacin (as Niacinamide Ascorbate and Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60 mg	4,000%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	325 mcg	5,417%
Biotin	375 mcg	125%
Pantothenic Acid (as d-Calcium Pantothenate)	65 mg	850%
Calcium	500 mg	92%
(as Calcium Carbonate, Calcium Citrate, Calcium Glycinate Amino Acid Chelate and Calcium Aspartate)		
Iodine (from Kelp)	150 mcg	100%
Magnesium	510 mg	128%
(as Magnesium Oxide, Magnesium Aspartate, Magnesium Citrate and Magnesium Glycinate Amino Acid Chelate)		
Zinc (as Zinc Glycinate Amino Acid Chelate and Zinc Oxide)	10 mg	67%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (as Copper Glycinate Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Glycinate Amino Acid Chelate)	1 mg	50%
Chromium (as Chromium Nicotinate Amino Acid Chelate)	25 mcg	21%
Molybdenum (as Molybdenum Glycinate Amino Acid Chelate)	25 mcg	33%
Potassium	100 mg	3%
(as Potassium Glycinate, Potassium Aspartate, Potassium Citrate and Potassium Amino Acid Complex)		
Docosahexaenoic Acid (DHA)	120 mg	***
(from DHA rich oil derived from a plant based algae (Schizochytrium sp.))		
Inositol	75 mg	***
Acids	31 mg	***
Choline (as Choline Bitartrate)	31 mg	***
Betaine HCl	29 mg	***
Citrus Bioflavonoid Complex	28 mg	***
Vegetarian	8 mg	***
Powdered Blend	5 mg	***
Rose Hips (fruit), Alfalfa (leaf and stem), Acerola Complex (fruit), Parsley (leaf and stem), Watercress (leaf)		
Borne (as Borne Amino Acid Complex)	0.5 mg	***

***Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Titanium Dioxide Color, Modified Corn Starch, Vegetable Magnesium Stearate, Vegetable Glycerin, Carrageenan, Sunflower Oil, Silica, Vegetable Stearic Acid, Ascorbyl Palmitate, Beta-Carotene (color), Natural Caramel Color, Natural Flavor, Sorbitol, Sunflower Lecithin, Tocopherols, Red Beet Powder (color), Natural Plant Leaf Glaze.

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