

NATURALIST®

Men's

Multivitamin/Multimineral
Supplement with Herbs

49 ACTIVE INGREDIENTS

60 CAPLETS



MULTIVITAMIN SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving	%Daily Value	
Vitamin A (as Beta-Carotene and Retinyl Acetate)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as di-Alpha Tocopheryl Acetate)	80 IU	267%
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	30 mg	2,000%
Riboflavin (Vitamin B-2)	30 mg	1,765%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine Hydrochloride)	30 mg	1,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	32 mcg	533%
Biotin	260 mcg	87%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Dicalcium Phosphate)	316 mg	32%
Phosphorus (as Dicalcium Phosphate)	244 mg	24%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	20 mg	133%
Selenium (as Selenium Yeast)	200 mcg	286%
Copper (as Copper Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	5 mg	250%
Chromium (as Chromium Picolinate)	150 mcg	125%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Chloride (as Potassium Chloride)	34 mg	1%
Sodium	5 mg	<1%
Potassium (as Potassium Chloride)	38 mg	1%
Saw Palmetto (<i>Serenoa repens</i>) (fruit)	80 mg	*
Eleuthero Siberian Root (<i>Eleutherococcus senticosus</i>) (root)	75 mg	*
Coenzyme Q-10	50 mcg	*
Pumpkin (<i>Cucurbita pepo</i>) (seed)	30 mg	*
Stinging Nettle (<i>Urtica dioica</i>) (leaf)	30 mg	*
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	20 mg	*
Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf)	12 mg	*
Damiana (<i>Turnera diffusa</i>) (leaf)	10 mg	*
Muir Puama (<i>Ptychopetalum olacoides</i>) (root)	10 mg	*
Oat Straw (<i>Avena sativa</i>) (aerial)	10 mg	*
Oyster Extract	10 mg	*
Silica	10 mg	*
Yohimbe (<i>Pausinystalia yohimbe</i>) (bark)	10 mg	*
Pygeum (<i>Pygeum africanum</i>) (bark)	5 mg	*
Superoxide Dismutase	5 mcg	*
Alfalfa (<i>Medicago sativa</i>) (aerial)	2 mg	*
Proprietary Blend	13 mg	*
Cayenne Pepper (<i>Capsicum annum</i>) (fruit), Garlic (<i>Allium sativum</i>) (bulb), Soy Lecithin, Oat Bran (<i>Avena sativa</i>) (seed), Parsley (<i>Petroselinum crispum</i>) (leaf), Sarsaparilla (<i>Smilax medica</i>) (root), Spirulina (<i>Spirulina platensis</i>) (entire plant), Watercress (<i>Nasturtium officinale</i>) (aerial)		

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Gelatin, Vegetable Magnesium Stearate, Cellulose Coating, Mannitol, Maltodextrin.

Contains soy and fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

Prod. No. 12691

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DIRECTIONS: FOR ADULTS, TAKE TWO (2) CAPLETS DAILY, PREFERABLY WITH MEALS. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you have liver or kidney disease, high blood pressure, Wilson's disease or are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by Rexall Sundown, Inc. Boca Raton, FL 33487 USA



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