

NATURALIST®

Daily Multiple

100% Daily Value of 16 Vitamins and Minerals



MULTIVITAMIN SUPPLEMENT **90 CAPLETS**

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

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin A (as Vitamin A Acetate and Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	162 mg	16%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	109 mg	11%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Sulfate)	15 mg	100%
Selenium (as Sodium Selenate)	20 mcg	29%
Copper (as Cupric Sulfate)	2 mg	100%
Manganese (as Manganese Sulfate)	3.5 mg	175%
Chromium (as Chromium Chloride)	65 mcg	54%
Molybdenum (as Sodium Molybdate)	160 mcg	213%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Sodium Borate)	150 mcg	*
Tin (as Tin Chloride)	10 mcg	*
Vanadium (as Sodium Metavanadate)	10 mcg	*
Nickel (as Nickel Sulfate)	5 mcg	*
Silica (as Silicon Dioxide)	2 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Gelatin, Cellulose Coating, Vegetable Magnesium Stearate, FD&C Red No. 40 Lake, FD&C Yellow No. 6 Lake, Titanium Dioxide Color, FD&C Blue No. 2 Lake.

Contains wheat ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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 Wilson's disease. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: yeast, milk or milk derivatives, lactose, sugar, artificial flavor, sodium (less than 5 mg per serving).

STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Prod. No. 45178

Manufactured by
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Boca Raton, FL 33487 USA



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