

Prod. No. 45130

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

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

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.

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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NATURALIST®

Daily Multi with Iron

**100% Daily Value of
12 Vitamins and Minerals**



**MULTIVITAMIN
SUPPLEMENT**

90 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Ergocalciferol)	400 IU 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%
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%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Iron (as Ferrous Fumarate)	18 mg 100%

Other Ingredients: Cellulose (Plant Origin), Dicalcium Phosphate, Gelatin, Croscarmellose, Cellulose Coating, Vegetable Magnesium Stearate, FD&C Yellow No. 5 Lake, Titanium Dioxide Color, Mannitol, FD&C Yellow No. 6 Lake, Vegetable Stearic Acid.