

DIRECTIONS: Adults take two (2) capsules daily as a dietary supplement, preferably with a meal. Store in a cool & dry place. Keep bottle tightly closed.

CAUTION: Do not exceed recommended dose. Consult your healthcare professional before use this product if you are a person with known medical condition. Do not use if you are under 18 years old, pregnant or breastfeeding.

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING
KEEP OUT OF REACH OF CHILDREN

Manufactured by: NATURAL GINGER CORP for
NANAUS CORP - 7781 NW 73 Court, Medley, FL
33166 - USA. www.naturgin.com



MultiVitamin & Multimineral

- ✓ Supports Immunity
- ✓ Supports Muscle Health
- ✓ Supports Energy & Metabolism

Adults

Dietary Supplement
60 Capsules (30 days supply)

Supplement Facts

Serving size: 2 Capsules

Servings per Container: 60

	Amount per Serving	%DV*
Vitamin B1 (Thiamine)	38 mg	3,165 %
Vitamin B2 (Riboflavin)	38 mg	2,923 %
Vitamin B3 (Niacinamide)	38 mg	238 %
Vitamin B5 (Pantothenic Acid)	38 mg	760 %
Vitamin B6	38 mg	2,234 %
Vitamin B7 (Biotin)	7.6 mg	25 %
Vitamin B9 (Folic Acid)	800 mcg	0.3 %
Vitamin B12	2 mg	83 %
Iodin (Kelp)	80 mcg	0.1 %
Calcium	106 mg	8 %
Vitamin A (Beta-carotene)	1000 IU	74 %
Vitamin C (as ascorbic acid)	380 mg	423 %
Vitamin D-3	1333 IU	167 %
Vitamin E (as d-Alfa-tocopheryl)	267 IU	1,778 %
Magnesium Citrate	304 mg	73 %
Potassium Citrate	304 mg	73 %
Selenium	140 mcg	0.3 %
Zinc	11.2 mg	102 %
Copper (as copper sulfate)	1.6 mg	178 %
Iron	14 mg	9 %
Chromium Picolinate	300 mcg	0.9 %

* Daily Value (DV) not established.

Other Ingredients: Gelatin from capsule, Magnesium Stearate, C-Syprinat 22s & Microcrystalline Cellulose