NATURE'S BOUNTY

Advanced Prescriptive Formulas™

Heart Health Support Pack

MULTIVITAMIN & MINERAL SUPPLEMENT

Let's Get to the Heart of the Matter!

FACT: Did you know that heart disease is the #1 killer in the U.S.?[2]
THE GOOD NEWS: You can Help Protect Yourself with Nature's Bounty Heart Health Support Pack.

Multivitamin/Mineral

Formulated to support heart health with high potency B Vitamins, C, E and much more.* Also includes the important nutrients Lutein, Lycopene and Vitamin D.

Co Q-10

Attention all Statin drug users: did you know that Statins may be lowering more than your cholesterol levels? A Columbia University study reported that Statins can lower Co Q-10 levels in the body, so make sure to replenish every day.* Whether you are taking Statins or not, Co Q-10 is an important compound naturally found in the energy producing cells of the heart.

Odorless Garlic

Garlic has been used for its healthy properties for centuries, and is well-known for providing heart and circulatory benefits.* Our specialized cold processing method preserves the natural benefits of Garlic while reducing the odor and is in a convenient, easy to swallow softgel.

Fish Oil

Did you know that heart disease is the #1 killer in the U.S.?[2] The good news is that you can help protect yourself with Fish Oil, which supplies the essential fats EPA and DHA. Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat, saturated fat and cholesterol content.

Flax Oil

Supplies the essential fatty acid Alpha Linolenic Acid (ALA) for additional heart support.* ALA from Flax and EPA/DHA from Fish Oil supply the body with fatty acids that are essential for heart health, but must be obtained from diet or supplements.*

References:
1. Rundek, T. et al. Arch Neurol. 2004 Jun; 61(6): 889-892.
2. American Heart Association. Circulation. 2007; 115: e69-e171.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4%**
Saturated Fat	0 g	0%**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	1 g	**
Cholesterol	Less than 5 mg	1%
Protein	<1 g	1%**
Vitamin A (as Retinyl Acetate and Beta-Carotene)	3,500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate and d-Alpha Tocopherol)	46 IU	153%
Vitamin K (as Phytonadione)	10 mcg	13%
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 HCl)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	48 mg	5%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	20 mcg	29%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromium Chloride)	150 mcg	125%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Chloride (as Potassium Chloride)	72 mg	2%
Sodium	5 mg	***
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Sodium Borate)	150 mcg	***
Nickel (as Nickel Sulfate)	5 mcg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***
Lycopene	300 mcg	***
Lutein	250 mcg	***
Odorless Garlic (Allium sativum) (bulb) (from 10 mg Garlic Oil Concentrate) (equivalent to 1,000 mg of fresh Garlic Bulb)	1,000 mg (1 g)	***
Q-Sorb™ Coenzyme Q-10	30 mg	***
Fish Oil EPA (Eicosapentaenoic Acid) DHA (Docosahexaenoic Acid) Total Omega-3 Fatty Acids 300 mg	1,000 mg (1 g)	***
Flaxseed Oil (which typically contains) Alpha-Linolenic Acid 450 mg Linoleic Acid (Omega-6) 110 mg Oleic Acid 110 mg Other Fatty Acids 50 mg	1,000 mg (1 g)	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

NATURE'S BOUNTY

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Heart Health Support Pack

MULTIVITAMIN & MINERAL SUPPLEMENT

Scientifically Formulated Nutritional Support for Cardiovascular Health*

with Omegas 3 & 6

- Multivitamin With B Factors & Lycopene
- Co Q-10
- Fish Oil • Purified to Eliminate Mercury!
- Flaxseed Oil
- Odorless Garlic

30 Day Supply Packets

NOT ACTUAL SIZE

Other Ingredients: Gelatin, Vegetable Glycerin, Soybean Oil, Rice Bran Oil, Vegetable Cellulose, Soy Lecithin, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Yellow Beeswax, Natural Caramel Color, FD&C Blue No. 2 Lake, FD&C Yellow No. 6 Lake, FD&C Red No. 40 Lake.

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

DIRECTIONS: For adults, take one (1) packet daily, preferably with a meal.

No Artificial Flavor, **No** Preservatives, **No** Sugar, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast, **No** Shellfish.

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. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if outer wrap is missing or torn.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.-Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards® program, visit www.NaturesBounty.com

Carefully Manufactured by
NATURE'S BOUNTY, INC.
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NATURE'S BOUNTY

*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.

LABORATORY GUARANTEED QUALITY TESTED

Healthy you Healthy earth

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