

BALANCED FOR ADULTS

- Maximized levels of vitamins, minerals, antioxidants and food-based nutrients
- High potency B-vitamins for energy*
- Extra **cardio** support with CoQ10 and hawthorn*
- 1,000 IU of Vitamin D
- Plus antioxidants, açai and pomegranate

WHOLE BODY NOURISHMENT

with essential nutrients that help support:

BONE HEALTH* Boron, Calcium, Folic Acid, Magnesium, Manganese, Vitamins D & K	COLON HEALTH* Calcium, Folic Acid, Selenium, Vitamin D
DAILY ENERGY* Magnesium, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin B6	EYE HEALTH* Lutein, Vitamin A (Beta Carotene), Vitamin C, Vitamin E, Zinc
HEART HEALTH* Vitamins B6 & B12 Vitamins C & E, Folic Acid, CoQ10	IMMUNE DEFENSE* Antioxidants, Selenium, Vitamin A, Vitamin C, Vitamin D, Zinc

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



#1
MEGA
NUTRIENT

60 TABLETS - DIETARY SUPPLEMENT

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under child resistant bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed.



LBW14026.B02 (80058)

Recommendation: Take 3 tablets daily, preferably with food. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. Not formulated for children. Do not exceed recommended use.

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 20

Amount Per Serving		% DV
Calories	15	
Total Carbohydrate	3 g	15%
Dietary Fiber	<1 g	3%
Protein	<1 g	1.5%
Vitamin A (33% [5,000 IU] as retinyl acetate and 67% [10,000 IU] as beta carotene)	15,000 IU	300%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as α -tocopheryl succinate)	200 IU	66.7%
Vitamin K (as phytylone)	80 mcg	100%
Thiamin (as thiamin monophosphate)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (as niacinamide)	125 mg	625%
Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3,333%
Biotin	325 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	125 mg	1,250%
Calcium (as citrate/carbonate)	250 mg	25%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp powder, as potassium iodide)	150 mcg	100%
Magnesium (as citrate/oxide)	125 mg	31%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as chromium picolinate)	250 mcg	208%
Molybdenum	75 mcg	100%
Sodium	15 mg	1%
Potassium (as amino acid chelate)	50 mg	1%
Green Food/Spirulina Blend	400 mg	--
Spirulina (microalgae): Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Muesli (leaf); Lemon Grass (grass); Nettie (leaf); Blessed Thistle (stem, leaf, flower); Chondra broken-cell microalgae; Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf); Kelp (whole thallus);		

Amount Per Serving	% DV
providing amino acids: Glutamic acid, Aspartic acid, Arginine, Leucine, Lysine, Serine, Phenylalanine, Valine, Isoleucine, Alanine, Proline, Glycine, Threonine, Tyrosine, Histidine, Methionine, Cysteine, Tryptophan	
Cardiovascular health with Resveratrol Hawthorn (berry); Japanese Knotweed standardized to 50% resveratrol; Coenzyme Q10 (ubiquinone)	100 mg
Orchard Fruits™ Blend Pomegranate (seed); Acai Extract (whole palm fruit); Juice Powders: Grape; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple	100 mg
Garden Veggies™ Juice Powder Blend Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	100 mg
Organic Mushrooms Defense Blend Cordyceps; Reishi; Shiitake; Hericium; Maitake; Yamabushiko; Himenodictyon; Kowarikake; Chaga; Zhu Ling; Agaricus; Meixian	100 mg
Digestive Enzyme Blend Concentrated enzyme formula (Protease I, Protease II, Amylase, Peptidase, Lactase, Cellulase, Alpha Galactosidase, Invertase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)	100 mg
Omega 3/6/9 Fatty Acid Blend Flax Seed Powder (flax, cold pressed); Sunflower Seed Powder (dry, cold pressed)	100 mg
Citrus Bioflavonoid Complex (from lemon, orange, grapefruit, lime, tangerine) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavanone and Flavones	60 mg
Serine Eleutheron (root)	50 mg
Inositol	50 mg
Choline (as choline bitartrate)	30 mg
Rutin	25 mg
Boron (as amino acid chelate)	1 mg
Limon (from mangost)	500 mcg

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

Other ingredients: Vegetable cellulose, Vegetable stearic acid, Vegetable modified cellulose gum, Vegetable modified cellulose, Silica, Vegetable magnesium stearate, Vegetable glycerin

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately.

Contains no sugar, yeast, wheat grain, dairy products, artificial flavors colors or preservatives.

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Questions? Call 1-800-9NATURE or visit www.naturesway.com

CLEAR-COATED TABLET