NATURE'S BOUNTY

Prescriptive Formulas™ OPTIMAL VITAMIN PACKS™

- A complete daily nutritional program
- Formulated to synergistically work together for optimal nutrition
- Convenient individual packs to use at work, the gym, while traveling or at home

WOMEN'S

Multivitamin/Mineral

High potency supplement providing essential vitamins and minerals that help promote sugar and fat metabolism while supporting energy metabolism. Also contains Vitamins C and E for antioxidant health, Vitamin A for eye health and B-6, B-12 and Folic Acid for heart health.**

Vitamin C with Bioflavonoids

Vitamin C plays an important role in supporting immune function. As an antioxidant, Vitamin C helps fight cell-damaging free radicals in the body.**

B-Complex

Made up of several B vitamins that work well together to support nervous system health and energy metabolism. Each nutrient in the B Vitamin complex performs a unique role in providing nourishment for the occasional stress of daily living and is essential for well-being.**

Chromium Picolinate

*Chromium works to support your body's use of sugar and also plays a role in the metabolism of proteins and fats.**

Fish Oil 1000 mg with Omega 3

Contains EPA and DHA, two fatty acids vital for good health. The Omega-3 fatty acids are important for cellular, heart and metabolic health.**

Calcium with Vitamin D

Calcium is the primary mineral responsible for strong bones and Vitamin D aids in the absorption of Calcium. Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining bone health.**

Vitamin D

Vitamin D supports normal antibody production by the immune system. Evidence indicates increasing Vitamin D intake may support the health of the colon and the pancreas.* Vitamin D3 is a potent and active form of Vitamin D.*

***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.**

Prod. No. 30000

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%**
Polyunsaturated Fat	0.5 g	***
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%**
Dietary Fiber	<1 g	2%**
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D (as Cholecalciferol)	1,625 IU	406%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	50 IU	167%
Vitamin K (as Phytonadione)	30 mcg	38%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Thiamin Mononitrate)	6.5 mg	433%
Riboflavin (Vitamin B-2)	6.7 mg	394%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	26.1 mcg	435%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	14.8 mg	148%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	893 mg	89%
Phosphorus (as Dicalcium Phosphate)	76 mg	8%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	245 mcg	204%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Fish Oil provides 300 mg of Omega-3 Fatty Acids, comprising of:	1,000 mg (1 g)	***
EPA (Eicosapentaenoic Acid), DHA (Docosahexaenoic Acid)		*** ***
Desiccated Liver	100 mg	***
Brewer's Yeast	50 mg	***
Citrus Bioflavonoids (*Citrus sinensis*) (fruit)	25 mg	***
Choline Bitartrate	20 mg	***
Rose Hips	14 mg	***
Inositol	10 mg	***
Boron (as Boric Acid and Sodium Borate)	150 mcg	***
Nickel (as Nickel Sulfate)	5 mcg	***
Silicon (as Silicon Dioxide)	2 mg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***
Lutein	250 mcg	***
Lycopene	300 mcg	***

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

Other Ingredients: Vegetable Cellulose, Gelatin, Vegetable Glycerin, Soybean Oil, Vegetable Magnesium Stearate, Crosspovidone, Calcium Silicate, Titanium Dioxide Color, Vegetable Stearic Acid, Silica, Starch, Mixed Natural Tocopherols, FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder, anchovies, mackerel, sardines) and wheat ingredients.

NATURE'S BOUNTY

Prescriptive Formulas™ OPTIMAL VITAMIN PACKS™

1 PACKET PER DAY

WOMEN'S

COMPLETE DAILY NUTRITIONAL PACKETS

With Calcium, Omega 3 & Chromium Picolinate

NATURE'S BOUNTY

1 PACKET PER DAY

Prescriptive Formulas™ OPTIMAL VITAMIN PACKS™

Improved Formula, New Package

WOMEN'S

COMPLETE DAILY NUTRITIONAL PACKETS

With Calcium, Omega 3 & Chromium Picolinate

Helps Promote Healthy:

- SUGAR, FAT & ENERGY METABOLISM*
- IMMUNE FUNCTION*
- HEART HEALTH*
- BONE HEALTH*
- ANTIOXIDANT SUPPORT*

30 Day Supply Packets

NOT ACTUAL SIZE

DIETARY SUPPLEMENT

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

No Artificial Flavor, **No** Preservatives, **No** Sugar, **No** Milk, **No** Lactose, **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. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer wrap is missing or torn.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
©2011 Nature's Bounty, Inc.

LABORATORY GUARANTEED QUALITY TESTED

NATURE'S BOUNTY

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

09K B32882 (30274, 435, 6470, 38320, 4230, 6390, 19934) KAZ