

DIRECTIONS: Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light & moisture.
Store at 15-30°C (59-86°F).
Do not purchase if seal is broken.

MADE IN THE U.S.A.

For more info, visit us
at www.windmillvitamins.com

†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.

ITEM: 210 / TC: 938009N2

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WINDMILL
NATURAL VITAMINS

HI-POTENCY MULTI-VITAMIN & MINERAL

Pharmacist Recommended

**Complete Nutritional Protection†
Helps Maintain Overall Good Health†**

90 TABLETS | DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A	5,000 IU	100%
(as retinyl palmitate & 25% as beta-carotene)		
Vitamin C (as ascorbic acid & with rose hips)	150 mg	250%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha-tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin HCl)	5 mg	333%
Riboflavin	10 mg	588%
Niacin	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	100 mg	10%
Phosphorus (as dicalcium phosphate)	75 mg	8%
Iodine (from kelp (<i>Ascophyllum nodosum</i>))	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc citrate)	15 mg	100%
Copper (as copper gluconate)	1.35 mg	68%
Manganese (as manganese gluconate)	1.1 mg	55%

Bioflavonoid complex	30 mg	*
Citrus bioflavonoids & rutin		
Choline (as choline bitartrate)	5 mg	*
Inositol	6.5 mg	*
Phytonutrient blend	50 mg	*
Alfalfa leaf, carrot root, cauliflower floret, celery seed, garlic bulb, leek (whole plant), oat bran, onion bulb and rice bran		

*Daily value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica, croscarmellose sodium, wheat germ and pharmaceutical glaze.



**SUGAR, STARCH, MILK, ARTIFICIAL
FLAVORS OR PRESERVATIVES**

Distributed by
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