

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.

‡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.

ITEM: 214a / TC: 964706N2

- Gluten Free -



**Complete Nutritional Protection†
Promotes Energy Utilization†**

60 TABLETS | DIETARY SUPPLEMENT

— TRUSTED SINCE 1972 —
WINDMILL
NATURAL VITAMINS

SUPER HI-POTENCY MULTI-VITAMIN & MINERAL WITH PHYTONUTRIENTS

Pharmacist Recommended

SUPPLEMENT FACTS

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin A (as retinyl palmitate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	12.5 IU	42%
Thiamine (as thiamin mononitrate)	25 mg	1,667%
Riboflavin	25 mg	1,471%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	15 mg	750%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	1 mcg	41%
Pantothenic acid (as d-calcium pantothenate)	12.5 mg	125%
Calcium (as dicalcium phosphate)	88 mg	9%
Iron (as ferrous gluconate) ‡	5.5 mg	31%
Phosphorus (as dicalcium phosphate)	68 mg	7%
Iodine (as potassium iodide)	114 mcg	76%
Magnesium (as magnesium gluconate)	0.35 mg	41%
Zinc (as zinc gluconate)	0.25 mg	2%
Copper (as copper gluconate)	0.03 mg	2%
Manganese (as manganese gluconate)	0.65 mg	33%
Choline bitartrate	150 mg	
Inositol	250 mcg	
Betaine HCl	25 mg	
L-Glutamic acid	25 mg	
Bioflavonoids complex	20 mg	
Citrus bioflavonoids and rutin		
Fruit and vegetable phytonutrient concentrates	100 mg	
Carotenoid concentrate [carrot, peach, yellow squash, cantaloupe, beet (alpha & beta carotene); red pepper (capsorubin & capsanthin); tomato, watermelon (lycopene)]		
Flavonoid concentrate [orange (hesperidin, tangeretin, nobilletin); lemon, lime, celery (erictocitrin, limonoids); grapefruit (naringin, quercetin)]		
Phenolic acid concentrate [red grape, blueberry, raspberry (anthocyanins, proanthocyanidins, ellagic acid); strawberry, cherry, pear, apple, plum (chlorogenic & caffeic acids)]		
Plant enzymes concentrate [papaya (papain); pineapple (bromelain); vegetable enzymes (fungal amylase, lipase, cellulase)]		
Cruciferous/thiolactyl concentrate [broccoli, cabbage (sulforaphane, indole-3-carbinol); cauliflower, Brussels sprouts (phenethyl isothiocyanate)]; garlic, leek, onion (allicin, allyl isothiocyanates); mustard greens, radish (isoinigrin, benzyl isothiocyanate)]		
Lutein concentrate (spinach, kale, asparagus, alfalfa)		
Isoflavone concentrate (soy genistein & daidzein)		
Base blend	5 mg	
Alfalfa (leaf), kelp (<i>Ascophyllum nodosum</i>) (stipes and fronds), lecithin, parsley (leaf) and watercress (leaf)		

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

Contains Milk and Soy.

NO

**SUGAR, STARCH, YEAST, WHEAT,
ARTIFICIAL COLORS, FLAVORS
OR PRESERVATIVES**

Distributed by
Windmill™ Health Products,
6 Henderson Drive,
West Caldwell, NJ 07006

*Daily value not established.