

ITEM #3661  
B52559 181



ACTUAL  
SIZE

**GOOD 'N  
NATURAL®**

**Timed Release**

**ONE**

**Multivitamin/Mineral Formula**  
**Supports Heart & Immune Health\***

*Dietary Supplement*

**60 TABLETS**



Serving Size 1 Tablet

| Amount Per Serving                                    | %Daily Value |        |
|-------------------------------------------------------|--------------|--------|
| Vitamin A<br>(as Retinyl Palmitate and Beta-Carotene) | 5,000 IU     | 100%   |
| Vitamin C (as Ascorbic Acid)                          | 120 mg       | 200%   |
| Vitamin D (as D3 Cholecalciferol)                     | 2,000 IU     | 500%   |
| Vitamin E (as d-Alpha Tocopheryl Acetate)             | 30 IU        | 100%   |
| Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)      | 10 mg        | 667%   |
| Riboflavin (Vitamin B-2)                              | 10 mg        | 588%   |
| Niacin (as Niacinamide)                               | 25 mg        | 125%   |
| Vitamin B-6 (as Pyridoxine Hydrochloride)             | 10 mg        | 500%   |
| Folic Acid                                            | 400 mcg      | 100%   |
| Vitamin B-12 (as Cyanocobalamin)                      | 250 mcg      | 4,167% |
| Biotin (as d-Biotin)                                  | 300 mcg      | 100%   |
| Pantothenic Acid (as d-Calcium Pantothenate)          | 10 mg        | 100%   |
| Calcium (as Calcium Carbonate)                        | 50 mg        | 5%     |
| Iron (as Ferrous Fumarate)                            | 18 mg        | 100%   |

**Supplement Facts**

| Amount Per Serving                | %Daily Value |      |
|-----------------------------------|--------------|------|
| Iodine (as Potassium Iodide)      | 150 mcg      | 100% |
| Magnesium (as Magnesium Oxide)    | 50 mg        | 13%  |
| Zinc (as Zinc Sulfate)            | 15 mg        | 100% |
| Selenium (as Sodium Selenate)     | 200 mcg      | 286% |
| Copper (as Cupric Sulfate)        | 2 mg         | 100% |
| Manganese (as Manganese Sulfate)  | 2 mg         | 100% |
| Chromium (as Chromium Picolinate) | 200 mcg      | 167% |
| Molybdenum (as Sodium Molybdate)  | 15 mcg       | 20%  |
| Potassium (as Potassium Chloride) | 1 mg         | < 1% |
| Inositol                          | 10 mg        | **   |
| Choline Bitartrate                | 10 mg        | **   |

\*\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose. **Contains <2% of:** Brewer's Yeast, Citrus Bioflavonoids, Gelatin, Kelp, Natural Palm Leaf Glaze, Rose Hips, Rutin, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat ingredients.

**No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Sugar, No Artificial Flavor.**

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, 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. Store at room temperature. Do not use if seal under cap is broken or missing.

**Directions:** For adults, take one (1) tablet daily, preferably with a meal.

Specially formulated to provide a gradual release of vitamins and minerals over a prolonged period of time for maximum nutritional benefit.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by

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