

Sundown® **NATURALIST®**

Daily Multi with Iron

100% Daily Value of 11 Vitamins Plus Iron

90 TABLETS

Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Iron (as Ferrous Fumarate)	18 mg	100%

Other Ingredients: Cellulose (Plant Origin), Cellulose Coating, Gelatin (Bovine, Fish, Porcine), Croscarmellose. **Contains <2% of:** Dextrose, FD&C Yellow No. 5 Lake, FD&C Yellow No. 6 Lake, Hypromellose, Magnesium Silicate, Medium Chain Triglycerides, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains fish (hake, redfish, sole, cod, cusk, flounder, haddock, pollock) ingredients.

IMPORTANT FACTS YOU SHOULD KNOW
With Vitamins A, C, D and E for the immune system and B Vitamins for the heart and nervous system, Naturalist's Daily Multi gives you the nutrients you need and want most in a convenient tablet.*

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

No yeast, wheat, gluten, milk or milk derivatives, lactose, soy, artificial flavor, sodium.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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

Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc., Boca Raton, FL 33487 USA
1-888-VITAHHELP (848-2435)

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