



**NATURALIST®**

# Multiple Choice™



**100% Daily Value  
of 10 Vitamins**

**90 TABLETS**

Dietary Supplement

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Acetate and Beta-Carotene)	3,000 IU	60%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	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%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, and d-Calcium Pantothenate)	45 mg	4%

**Other Ingredients:** Cellulose (Plant Origin), Gelatin (Bovine, Fish and Porcine), Croscarmellose. **Contains <2% of:** Cellulose Coating, FD&C Red No. 40 Lake, Mannitol, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

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

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, 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.

**KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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.  
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