

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

Optimum Potency Multi-Vitamin with Iron is specially balanced with vitamins, minerals and supportive nutrients for daily nutrition. Our Multi-Vitamin is carefully tested and produced to superior quality standards.

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.

Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

◆ LN45121.C02 BLK8284C



Multi Vitamin

Optimum Potency **with Iron**



180 Capsules / Complete Formula

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules twice daily, preferably with food. Do not take if pregnant or nursing. Do not take with sulfonamide since PABA interferes with the activity of this drug. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Capsules / Servings Per Container 60

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%†
Vitamin A (57% as beta carotene [4,988 IU], 43% as retinol acetate [3,762 IU])	8,750 IU	175%
Vitamin C (ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl)	200 IU	667%
Vitamin K (as phytonadione)	30 mcg	38%
Thiamin (as thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B2)	25 mg	1471%
Niacin (as niacinamide, nicotinic acid)	37 mg	185%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium d-pantothenate)	75 mg	750%

Amount Per Serving		% DV
Calcium (as citrate/carbonate)	250 mg	25%
Iron (as iron gluconate)	9 mg	50%
Iodine (as kelp [whole thallus] powder)	25 mcg	17%
Magnesium (as aspartate/oxide)	125 mg	31%
Zinc (as zinc gluconate)	10 mg	67%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as copper complex)	1 mg	50%
Manganese (as aspartate)	5 mg	250%
Molybdenum (as sodium molybdate)	50 mcg	67%
Potassium (as gluconate/chloride)	48 mg	1%
Bioflavonoid Complex (from citrus fruits)	50 mg	**
Choline (as choline bitartrate)	50 mg	**
Inositol	50 mg	**
Kelp (whole thallus)	30 mg	**
PABA (para aminobenzoic acid)	25 mg	**
Rutin (<i>Sophora japonica</i>) (bud)	25 mg	**
Vanadium	50 mcg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: gelatin (capsule), magnesium stearate