



**NEW ADVANCED FORMULA**  
**Thera-Mill M™**  
 with  
**BETA-CAROTENE**

**High Potency Multivitamin & Mineral Formula**

**COMPARE TO THERAGRAN-M®†**

**NO  
COLOR  
ADDED**

**DIETARY SUPPLEMENT  
130 TABLETS**

**NO** sugar, salt, starch, yeast, wheat, milk,  
artificial colors, flavors or preservatives

ITEM #66

**DIRECTIONS:** Take one tablet daily as a dietary supplement or as directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN.**

Protect from heat, light and moisture.

Store at 15-30C (59-86F).

**DO NOT PURCHASE IF SEAL IS BROKEN.**

**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.

TC #70931302



MADE IN THE U.S.A.

Supplement Facts	Amount Per Serving	% Daily Value
Serving Size: 1 tablet		
Vitamin A (as retinyl acetate)	5,000 IU	100
Vitamin C (as ascorbic acid)	90 mg	150
Vitamin D (as cholecalciferol)	400 IU	100
Vitamin E (as dl-alpha-tocopheryl acetate)	60 IU	200
Vitamin K (as phytonadione)	25 mcg	25
Thiamin (as thiamin HCl)	3 mg	200
Riboflavin	3.4 mg	200
Niacin (as niacinamide)	20 mg	100
Vitamin B6 (as pyridoxine HCl)	6 mg	300
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as cyanocobalamin)	12 mcg	200
Biotin	30 mcg	10
Pantothenic acid (as D-calcium pantothenate)	10 mg	100
Calcium (as dibasic calcium phosphate)	40 mg	4
Iron (as ferrous fumarate)†	9 mg	50
Phosphorus (as dicalcium phosphate)	21 mg	3
Iodine (as potassium iodide)	150 mcg	100
Magnesium (as magnesium oxide)	100 mg	25
Zinc (as zinc oxide)	15 mg	100
Selenium (as sodium selenate)	70 mcg	100
Copper (as copper sulfate)	2 mg	100
Manganese (as manganese sulfate)	2 mg	100
Chromium (as chromium di-sulfate glycolate)	50 mcg	41
Molybdenum (as sodium molybdate)	75 mcg	100
Chloride (as potassium chloride)	7.5 mg	< 2
Potassium (as potassium chloride)	7.5 mg	< 2
Boron (as boron citrate)	150 mcg	*
Nickel (as nickel sulfate)	5 mcg	*
Silicon (as silicon dioxide)	2 mg	*
Tin (as stannous chloride)	10 mcg	*
Sulfur (as vanadyl sulfate)	10 mcg	*

**Other Ingredients:** microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, calcium silicate and pharmaceutical glaze.

† Theragran-M is a registered trademark of Bristol-Myers Products New York, NY.

Manufactured by Windmill™ Health Products  
West Caldwell, NJ 07006