

## Certified Sports Nutritionists Available 24/7

**Suggested Use:** As a dietary supplement, adults take one (1) tablet, once daily, preferably with a meal.

**Caution:** Not intended for use by pregnant or nursing women. If you are taking any medication(s), planning any medical or surgical procedure(s), or have any medical condition(s), consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Warning:** Keep out of reach of children. Do not use if safety seal is damaged or missing. Store at room temperature.

### Supplement Facts (continued from previous panel)

	Amount Per Serving	%DV
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boric Acid and Sodium Borate)	150 mcg	—
Nickel (as Nickel Sulfate)	5 mcg	—
Silicon (as Silicon Dioxide)	2 mg	—
Vanadium (as Sodium Metavanadate)	10 mcg	—
Lutein	250 mcg	—
Lycopene	300 mcg	—

—%Daily Value Not Established

**Other Ingredients:** Vegetable Cellulose, Gelatin. Contains <2% of: Croscellon, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate. **Does Not Contain:** Artificial Flavors or Sweeteners, Preservatives, GMO, Sugar, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish, Herbicides, or Pesticides.

**Purity Promise:** Free of GMOs, Gluten, Dairy, Soy, Herbicides, and Pesticides.

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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# MATURE MULTI

## ADULT 50+ MULTIVITAMIN

### Essential Nutrients that Support Heart, Brain, Eye, Bone & Immune Health\*

DIETARY SUPPLEMENT | 180 TABLETS

### Supplement Facts

Serving Size: 1 Tablet	Servings Per Container: 180	
	Amount Per Serving	%DV
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopheryl Acetate)	50 IU	167%
Vitamin K (as Phytonadione)	30 mcg	38%
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)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	220 mg	22%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	45 mcg	38%

Supplement Facts continued on next panel.



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PLEASE RECYCLE

