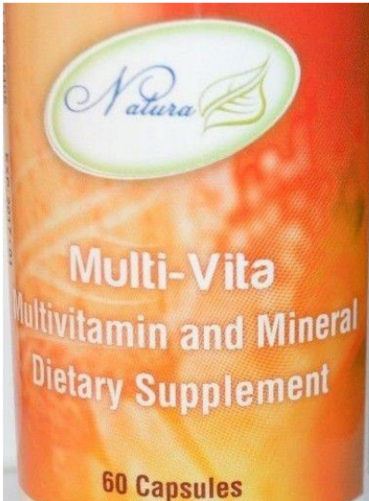




NATURA MULTI-VITA 60 tablets

Serving Size: 2 tablets

Serving Per Container: 30

Vitamin A (as beta-carotene)	3 320 IU	66%
Vitamin C (as ascorbic acid)	200mg	333%
Vitamin D (as cholecalciferol)	150 IU	44%
Vitamin E (as d-gamma, d-delta, d-alpha, d-beta tocopherols)	140 IU	466%
Thiamine (as thiamine mononitrate)	30mg	2 666%
Riboflavin (as riboflavin %-phosphate)	6mg	411%
Niacine (as niacinamide and niacin)	30mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	30mg	1 900%
Folate (as folic acid)	260ug	65%
Vitamin B12 (cyanocobalamine)	164ug	2 566%
Biotine	260ug	83%
Pantothenic acid (as calcium pantothenate)	150mg	1 500%
Calcium (as calcium citrate)	84mg	11%
Iodine (as potassium iodide)	76ug	50%
Magnesium (as magnesium citrate)	42mg	10%
Zinc (as zinc citrate)	5mg	33%
Selenium (as selenium citrate)	100ug	142%
Manganese (as manganese citrate)	5mg	250%
Chromium (as chromium citrate)	90ug	75%
Molybdenum (as molybdenum citrate)	100ug	133%
Potassium (as potassium citrate)	20mg	1%
Vanadium (as vanadium citrate)	100ug	
Choline (as choline citrate)	20mg	

Other Ingredients:

Microcrystalline cellulose, magnesium stearate, silica gel