



NATURALIST®

Super

PLENAMINS®

Plus

Advanced

Multivitamin/Mineral Formula

Multiple
Synergistic
Ingredients

**FILM COATED FOR
EASE OF SWALLOWING**

130 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Acetate and 29% as Beta-Carotene)	3,500 IU 70%	Phosphorus (Dicalcium Phosphate)	109 mg 11%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin K (as Phytonadione)	25 mcg 31%	Selenium (as Sodium Selenate)	55 mcg 79%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%	Copper (as Cupric Sulfate)	0.9 mg 45%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Manganese (as Manganese Sulfate)	2.3 mg 115%
Niacin (as Niacinamide)	20 mg 100%	Chromium (as Chromium Picolinate)	35 mcg 29%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%	Molybdenum (as Sodium Molybdate)	45 mcg 60%
Folic Acid	500 mcg 125%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Biotin (as d-Biotin)	30 mcg 10%	Silicon (as Silicon Dioxide)	2 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Lycopene	300 mcg *
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 20%	Lutein	250 mcg *
Iron (as Ferrous Fumarate)	18 mg 100%	Boron (as Boric Acid)	150 mcg *
		Vanadium (as Sodium Metavanadate)	10 mcg *
		Nickel (as Nickel Sulfate)	5 mcg *

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Gelatin (Porcine). **Contains <2% of:** Cellulose Coating, Croscarmellose, Crospovidone, Hypromellose, Starch, Vegetable Magnesium Stearate.

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

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

WARNING: Not intended for use by pregnant or nursing women. If you are 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.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Manufactured by Rexall Sundown, Inc.
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Prod. No.
54712



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ACTUAL
SIZE

02B B54712
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Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.